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THE NEWS IN BRIEF

BY ARIN CHAMBERS '14, PARKER
DAVIS '11 AND KELSEA BEST '11
STAFF WRITERS & CO-NEWS EDITORS

Sunday on Souby

The second annual Sunday on Souby took place on Sunday, Oct. 10.

"For many years, Ms. Teaff has wanted to create an event that would bring the entire Harpeth Hall community together," Ms. Joanne Mamenta, Director of Communications and Public Relations said. "The idea for a fall festival came out of one of those brainstorming sessions."

Many activities took place this year. "Popular events include the entertainment on the library portico, cake walk, and cake decorating contest. We have very talented students," Ms. Mamenta said. Also included were performances by various student and faculty music groups and booths to represent community service events and activity clubs.

Sunday on Souby was made possible by more than 70 parent volunteers, a dozen alumnae volunteers, 40 middle school volunteers, and Upper School students.

"It was well organized and well attended by both Middle School students and Upper School students," Meredith Beyer '13 said. "Everyone enjoyed the free food and the performances. If you didn't go this year, make sure you go next year!"

National Merit

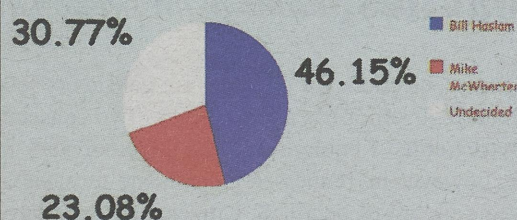
Seniors were recognized at the Oct. 12 All School Assembly for achieving the status of National Merit Scholar Semifinalists or National Merit Commended Scholars.

Semifinalists include Parker Davis, Kelsea Best, and Elaine Sulc. The Commended Scholars include Natalie Brewer, Mary Lynne Graham, Joanna McCall, Katherine Milam, Cara Moses, Lindsey Myrick, and Kate Wiseman.

National Merit Awards were given out based on these students' scores on the PSAT test in 2009. The PSAT is taken by all students, freshmen through juniors, and juniors who take the test can qualify for National Merit awards.

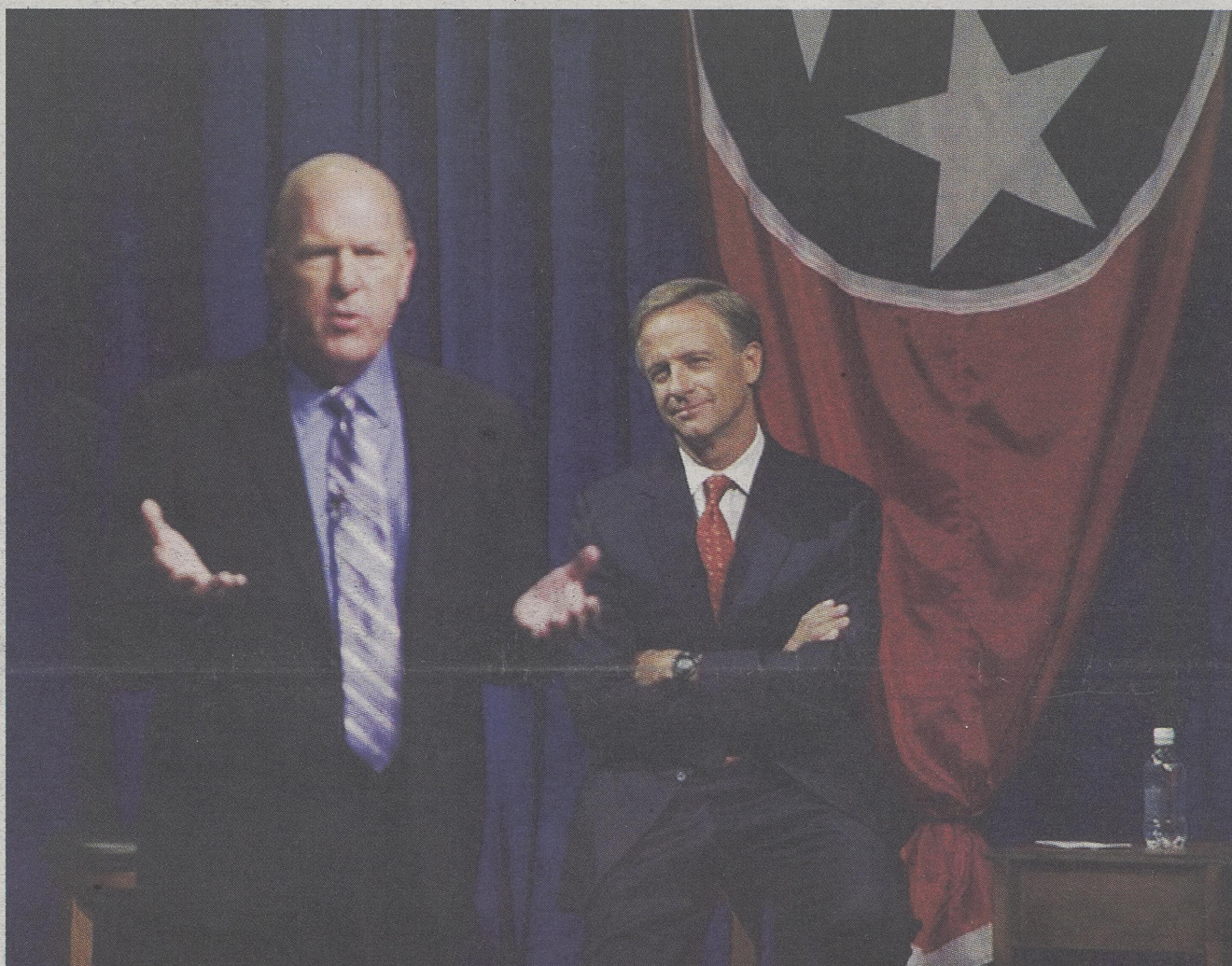
The National Merit Semifinalists will apply to become finalists, and their final status will determine the amount of potential scholarship funds the students will receive upon enrolling in their respective colleges or universities.

Who are the Seniors voting for?



18 students took this poll

Tennessee gubernatorial race continues as election approaches



Democratic nominee Mike McWherter (left) and Republican nominee Bill Haslam (right) discuss their platforms during a gubernatorial debate in Knoxville, Tenn. One of the two nominees will be replacing the current governor Phil Bredesen who has reached his term limit and therefore is not eligible for re-election. Tennesseans will be able to vote for the next governor Nov. 2.

Photo courtesy of Knoxville.com

BY LAURA GREGORY '11
STAFF WRITER

Tennessee voters will elect their next governor on Nov. 2. The Republican nominee is Knoxville Mayor Bill Haslam, and the Democratic nominee is businessman Mike McWherter. Current governor, Democrat Phil Bredesen has reached his term limit and may not seek re-election.

Republican candidate Bill Haslam says his top priority as governor is to create more jobs since Tennessee is facing an already high and still increasing unemployment rate. As part of this goal, he is completely opposed to a state income tax, believing that taxes are "job killers."

On the topic of health care, Haslam intends to fight against unfunded federal mandates and emphasize the importance of personal responsibility, as well as use the thriving health care industry to create more jobs.

He wants to work closely with law enforcement to improve public safety, and he supports the rights of citizens to "bear arms" as guaranteed in the Second Amendment. He also supports law enforcement officials in their fight against illegal immigration.

Haslam wants to improve the quality of education in Tennessee, which he says will ultimately lead to better jobs. Interestingly, Haslam is the only candidate who has already prepared, proposed, passed, and implemented a budget. More information on Haslam, his career as Mayor of Knoxville, and his stance on other political issues can be found on his personal website (www.billhaslam.com).

sonal website (www.billhaslam.com).

Democratic candidate Mike McWherter, like Haslam, intends to work hard to create new jobs and support small businesses. He believes that Tennesseans have proved throughout the years that they can live without an income tax, and he strongly opposes the idea of implementing an income tax now. McWherter promises to build on Governor Bredesen's success in recruiting new large industries by ensuring that the state can provide support to those industries.

He also intends to revitalize Tennessee's cities and towns by building on the Main Street Program, improve public schools, work against unfunded federal mandates, conserve public lands, improve air and water quality, and promote clean energy.

McWherter has also promised to protect TennCare, Tennessee's health care insurance program. McWherter intends to promote agricultural products, develop new crops, and preserve family farms. For more information on McWherter and his opinions on other political issues, visit his personal website (www.mikemcwherter.com).

Currently, Bill Haslam appears to be leading in the polls with wide support from Tennessee voters. However, the election is still almost a month away with plenty of time for things to change.

"Although I believe Mike McWherter is a very strong can-

continued pg. 2

Harpeth Hall history now digitized

BY SAXBY WILES '11
CO-EDITOR IN CHIEF

The near entirety of Harpeth Hall's history can now be viewed online thanks to the help of many teachers, students, and alumnae. There are over 25,000 pages, dating back to 1898, digitized into PDF format and available for viewing by anyone with an internet connection.

Harpeth Hall was preceded by Ward-Belmont School, and before that it was split into Belmont College and Ward Seminary for girls. All of the schools had many publications and annuals such as "The Iris," "Milady in Brown," and "The Aitrop," all of which date from the late 1800s to about 1915.

Each of the thousands of copies of catalogs, annuals, and pamphlets in Harpeth Hall's archives had to be manually organized this summer, with help from some of the faculty and students including Dr. Mary Ellen Pethel, Upper School History Teacher, Ms. Susan Timmons, Circulation Librarian, and intern Marion Cox '12.

All of the pages were sent to the library consortium, LYRASIS, and Harpeth Hall was qualified to obtain funding from the Alfred P. Sloan Foundation. The Sloan Foundation's funding allows schools and institutions to receive discounts on archive digitization in order to preserve the school's history.

The process of archiving was long but successful.

"We filled out paperwork, received approval, and began to compile annuals, catalogs, and other periodicals," said Dr. Pethel. However, the archiving does not stop there.

"In the next month, the Archive plans to ship Harpeth Hall's 'Winterim Catalogs' to be digitalized. At this time LYRASIS does not accept newspapers, but we hope to eventually digitize the weekly student newspaper from Ward-Belmont, 'The Hyphen,'" continued Dr. Pethel.

Marion came in this summer for a week to assist with archiving.

"I learned about proper handling of antiques and other fragile materials as well as interesting facts about Harpeth Hall's history," she said.

Archives are displayed on a website called Internet Archive. In order to view them, go to www.archive.org and simply type 'Harpeth Hall' into the search engine, click on the first result, and it will redirect to the Harpeth Hall archive homepage. From there one can read the archives online, print, and view in PDF format. The direct link is www.archive.org/details/harpethhall.

"Archiving is important in general because it helps students learn about the past, and more importantly, in the case of Harpeth Hall and Ward-Belmont, it can help students find their ancestors, information about their own past, and it shows how Harpeth Hall fits into American and Southern history," said Dr. Pethel.

Winterim 2011 will include a class called Public History, in which students can learn more about Harpeth Hall's history and help to set up exhibits about Ward-Belmont and Ward Seminary.

To learn more about Harpeth Hall archives online, email Dr. Mary Ellen Pethel, and look for more information to come soon.



The 1941 Milestones yearbook is one of many that can now be viewed online at www.archive.org/details/harpethhall.

Photo courtesy of www.archive.org/details/harpethhall

Mosque in Murfreesboro causes controversy

BY PARKER DAVIS '11
CO-NEWS EDITOR

The resistance of some residents in Murfreesboro, Tenn., to the building of a mosque in the city continues to be exhibited.

Vandalism is continuing to take place at the proposed construction site.

Arson destroyed construction equipment on the grounds of the Islamic Center of Murfreesboro's new location, and gun shots were fired during an ABC broadcast from the site.

Signs for the building on the site have also been destroyed and graffitied with the words "Not Welcome."

These acts have caused the Islamic Center of both Murfreesboro and Nashville to employ guards and FBI agents as well as install monitoring equipment in the hopes of keeping their members and property safe.

"Whoever did this, they are terrorists," Mr. Ahmed, the imam of the Islamic Center of Nashville, said in a New York Times article. "What's the difference between them and Al Qaeda?"

However, not all mosques in Tennessee have expressed fear of violence or vandalism.

Chattanooga, Knoxville, and Memphis have not had any reports of threats or expressed need for increased security at mosques since the incidents at the Center of Murfreesboro.

The building of the mosque has met with resistance and controversy since it was unanimously approved by the Rutherford County in May.

Many of those who oppose the building of the mosque claim that notice was not given to the public about the meeting regarding its approval, and consequently, the building of the mosque was unjustly approved.

Of the over 600 members of the community who did attend the meeting, none spoke in favor of approving the build.

"They seem to be against everything that I believe in, and so I don't want them necessarily in my neighborhood spreading that type of comment," said one resident of the neighborhood adjacent to the construction site during the meeting, according to the same New York Times article.

The Islamic Center looked to move into a bigger space than its previous location.

Its congregation had grown to over 250 families, too great of a capacity for the relatively small industrial space the Islamic Center currently operates from.

The proposal for a large complex initially led and continues to cause the Tea Party to initiate and lead many protests against the building of the mosque.

The Tea Party and its supporters claim that the structure will be too large, as the board of the Center plans to expand the building to include a school, pool, gymnasium, and cemetery.

The Islamic Center board foresees the final structure occupying, upon completion, 52,000-square feet.

Conversely, Amna Asad '14, a proponent of the build, cites the fact that the mosque will expand into a community center as a reason it should be built.

"I feel that the Islamic Community Center should definitely be built," Amna said.

"Contrary to popular belief, it is not only a mosque, but a community center. I feel that the majority of citizens against the building of the 'mosque' are ignorant and mainly prejudiced against Islam. After 9/11, many Muslims around America were targeted and blamed for something they weren't even responsible for," said Amna.

Residents of surrounding areas of the

site also protest on the grounds that such development will reduce the value of their homes, add increased traffic and consequent danger to the surrounding roads, and, with the building of a cemetery on the grounds, potentially lead to water contamination and soil degradation.

The argument that having a mosque in Murfreesboro would help to educate and passively expose the city's citizens to the Islamic faith is used by proponents of the construction.

There are more than 100,000 Muslims currently living in Murfreesboro.

"I think that any resistance towards building the mosque in Murfreesboro is very bigoted because there would not be a big fuss if people were trying to build another church in Murfreesboro," said Sara Darbar '11. "How many churches are there in Nashville? Practically one on every corner. This is just one mosque."

"I think that having a new, larger mosque in Murfreesboro would be good because it would allow people to learn about the religion and would be a great way to expand on inter-faith relations," said Sara.

Tennessee gubernatorial race continues as election approaches, *cont. from page 1*

didate, Bill Haslam certainly has the mood of the country on his side," Dr. MaryEllen Pethel, Upper School History teacher said. "Overall, both candidates are pretty moderate and neither subscribes to fringe groups within the party."

"The gubernatorial race will determine so many policies affecting all of Tennessee for the next four years. If you are able to vote, think about what issues are important to you: unemployment, health care, public safety, and keeping taxes low," Eleanor Hudson '11, President of the

Justice League said. "The Justice League will keep the Harpeth Hall student body informed about the different races going on this fall by discussing the issues."

Before casting a vote, however, it is important to understand the duties of the governor. The governor is the head of state government and the state's executive branch. He holds a wide range of responsibilities, including creating and submitting budgets, signing and vetoing legislative bills, and appointing officials to state government posi-

tions.

In Tennessee, elections for governor are held every four years, and each governor has a term limit of two consecutive four-year terms. Requirements for governor vary in each state, however in Tennessee a candidate must be at least 30 years old, must be a U.S. Citizen, and must have been a citizen for at least seven years.

'Mr. Peanut' achieves continued success

BY DELANEY ROYER '13
STAFF WRITER

Mr. Adam Ross, former Harpeth Hall English teacher and current author, has recently published his first novel "Mr. Peanut." Since published, the book has become increasingly popular, and has been translated into 12 languages.

According to the Nashville Scene, which featured "Mr. Peanut" on the cover of a recent issue, "Just a week after [the novel's] release, it looked like reviewers needed to invest in a thesaurus. Ross' debut novel has inspired the same adjectives again and again: 'challenging,' 'ingenious,' 'brilliant,' 'riveting,' and the surprisingly recurrent 'audacious.'"

The book focuses on the character David Pepin, who is being investigated for the murder of his wife.

Mr. Ross worked for years writing "Mr. Peanut," including some time at Harpeth Hall when he served as the school's Visiting Writer. Despite the amount of time that was put into the book and its disturbing themes, Mr. Ross's wife was supportive throughout the entire process. In an interview, Mr. Ross said, "Honestly, she was really moved by it and hung tough waiting for me to finish it." He also added that it is not autobiographical in any way.

Considering "Mr. Peanut" is an adult book, not many students have read it. Emily Apple '13 is one of a few who has. She said, "[The book is] well written, yet disturbing. That is all I have to say."

Students are not the only people who have read this

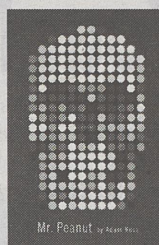
book; teachers have as well. Mr. Abraham, Upper School Latin teacher, enjoyed the book.

"It's well written, disturbing, and worth 20 bucks," he said. "I find parts of it deeply disturbing because the characters act out thoughts and scenarios that most people think of but never act upon. The ending of the book makes the reader re-think the entire book from page one."

Ms. Bonnie Moses, Upper School History teacher, however, warns students against reading "Mr. Peanut" because of its mature content.

"Mr. Peanut" is a complex and sophisticated novel. It is also a novel that is best understood and appreciated by adults simply because they have had more life experiences," Ms. Moses said. "The book has many dark moments that teenage readers might find disturbing and that they would be better able to put in perspective if they waited a few years to read it."

"Mr. Ross is a gifted writer. He isn't going to disappear



Mr. Adam Ross was an English teacher at Harpeth Hall before leaving the school to work on his book "Mr. Peanut." Since its release this summer, "Mr. Peanut" has found success around the world, country, and school community. However, due to the adult themes in "Mr. Peanut," it may not be an appropriate choice for students.

Photo courtesy of Google Images.

from the literary scene. I expect we will have many opportunities to read his work, but 'Mr. Peanut' is definitely a novel best suited to an adult audience," said Ms. Moses.

Junior gains recognition in several writing competitions

BY NATALIE MAY '12 AND BONNIE SCOTT '13
STAFF WRITERS



Mary Liza Hartong '12 smiles as she receives inspiration for her next award winning poem. Photo credit to Kelsea Best '11

Within the past year, Mary Liza Hartong '12 has won or been nationally recognized in four publications for her work in creative writing. The most notable of these triumphs is her third place finish in the Harvard Institute of Korea Sijo contest.

Mary Liza also placed nationally in the Scholastic Writing competition her freshman year. She then submitted more writing to Scholastic her sophomore year but did not achieve recognition. This setback inspired her to enter in other contests, including Sijo.

"I was inspired after losing Scholastic my sophomore year," Mary Liza said. "I wanted to get my work out and recognized."

As a result of her success in writing contests, Mary Liza's works have been published in two books, "A Celebration of Poetry" and "Polyphony," as well as "The Talkin' Blues," a literary magazine.

Mary Liza has been an avid writer for years. "I try to write every other day," Mary Liza said. "I have 'moods' or 'phases' when I explore different types of writing. So sometimes I can only write prose, and other times I write all poetry."

Mary Liza writes poetry, novels, and short stories, and has found inspiration in the works of Billy Collins, Jonathon Safran Foer, and Sharon Creech.

"Mary Liza is a dedicated writer always aiming to improve," said Ms. Denise Croker, Upper School English teacher. "I admire how she challenges herself to enter as many contests as she does and also to inspire the Creative Writing Club to do the same."

Mary Liza also encourages others to pursue writing competitions. "People should submit to Scholastic especially, and get their work read," she said. "Smaller competitions are always a great option as well."

Government begins gradual withdrawal of troops from Iraq

BY KELSEA BEST '11
CO-NEWS EDITOR

The 4th Stryker Brigade, 2nd Infantry Division, became the final U.S. combat brigade to leave Iraq in August as a part of President Obama's campaign promise to gradually withdraw troops. Approximately 50,000 troops in only six brigades will remain in the country to continue to train Iraqi troops.

According to a recent poll, approximately 76 percent of students agree with the decision to pull troops from Iraq.

"I am really glad that the troops are being pulled out of Iraq," said Katherine Scudder '14, whose uncle was stationed there. "I know what it's like to have a family member and friend over there, and I know that every other person who has a family member over there is glad that they are coming home."

Since its declaration in 2003, more than 4,400 American soldiers have died in the conflict in Iraq.

In compliance with an agreement between the U.S. and Iraqi governments, all troops will be removed by Dec. 31, 2011. However, opponents of this decision express concern that violence will ensue in Iraq once troops are removed.

In response, President Obama said, "We will continue to

build a strong partnership with the Iraqi people with an increased civilian commitment and diplomatic effort."

Despite these efforts, violence continues in Iraq. Just weeks after the withdrawal of troops, two bombings and a shooting killed eight people in Baghdad. Opponents of Obama's decision also fear that America's absence in Iraq will open the door for terrorist groups such as al-Qaeda to come back into power.

According to British newspaper The Telegraph, "American strategists also fear that the vacuum of both security and government, five months after an inconclusive election in March, will allow Iraq's neighbor Iran to exert ever greater sway."

"Personally, I think that it wasn't really any of our business in the first place," Katherine said, "So I don't think that retreating from a war that wasn't ours to start with is a loss."

Whether or not the situation in Iraq will remain stable is still unclear. However, students are hopeful. Mary Lynne Graham '11 said, "Hopefully, the changes implemented by the American soldiers will hold in Iraq. At this point, it's up to the people to maintain a democratic society. The U.S. soldiers cannot hold their hands indefinitely."

Do you support the decision to withdraw troops from Iraq?



148 students took this poll

Faculty fitness: 'Wiggle Your Middle' Mondays and more

BY MICHELLE CHINTANAPHOL '13
STAFF WRITER

While most students go to sports after school, the faculty and staff have been engaged in physical activities in the afternoon, ranging from belly dancing to biking. This year, Director of Athletics Karen Sutton started something new called the Faculty and Staff Fit Club which consists of a variety of after school daily activities for faculty and staff to enhance the mind and body, promoting overall wellness.

"Wellness is a campus wide pursuit, and participation in activities with colleagues provides both enjoyment and fitness. It is my hope that there will be an activity that sparks the interest of all, and that faculty and staff will find time to try at least one day," said Ms. Karen Sutton, Athletic Director.

After announcing her idea of a fitness club at the opening faculty meeting, faculty and staff volunteered to sponsor an activity for a nine-week session (there will be four sessions total).

This season, the numerous activities include Wiggle Your Middle Mondays (belly dancing) and Meditation Mondays, Tennis Tuesdays, Walk-A-Bout Wednesdays, Easy Riders Thursdays (biking) and Couch to 5K Thursdays (culminating with a 5K race), Frisbee Fridays, and

Mindful Lunches for both Middle School and Upper School.

Jessica Webster, a math teacher in the Middle School, sponsors and teaches Wiggle Your Middle Mondays.

"This is an area that I have been pursuing for many years. I started dancing in 2003. When I heard Harpeth Hall was going to focus on fitness, I thought other faculty might like to join," said Ms. Webster.

On Tuesdays, around eight to ten teachers show up for Tennis Tuesdays, including Mr. Ben Abraham, who teaches Latin in the Upper School.

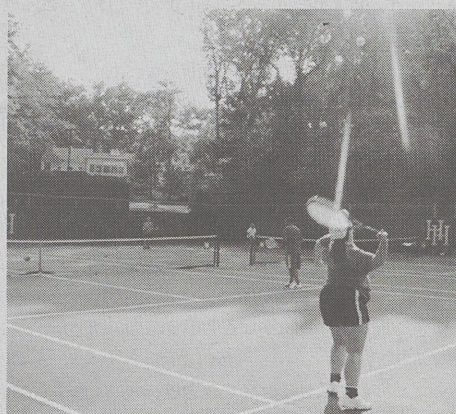
"I enjoy both the tennis and hanging out with teachers in a non-school setting," said Mr. Abraham.

Tennis Tuesdays has been a tremendous success thanks to the leaders, English teacher Mr. Joe Croker and Physics teacher Mr. Scott Myrick, and new faculty and staff are still joining different fit club activities each week.

Couch to 5K Thursdays are led by Ms. Jennifer Adams, Director of Counseling.

Ms. Polly Linden, Upper School math teacher, said, "It's been fun. We did the Race for the Cure."

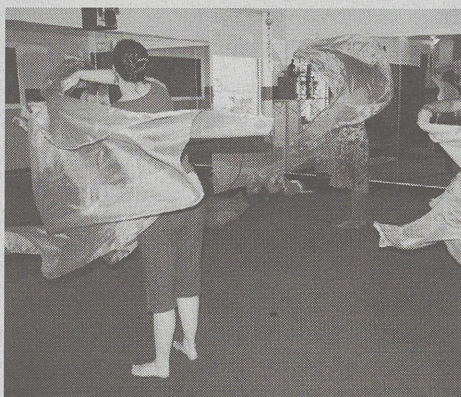
The group has been working out three days a week.



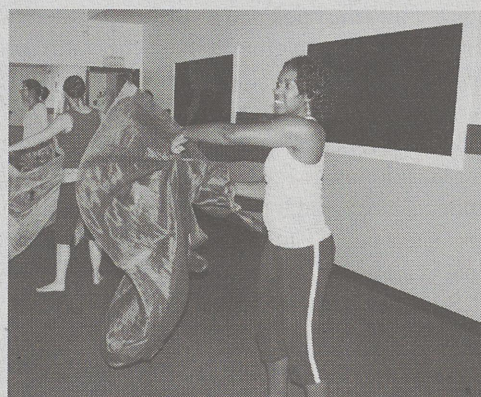
Ms. Cathy Richarde from the Middle School serves to win during Tennis Tuesdays. Ten faculty members regularly play.



The Wednesday Walkers (Ms. Martin, Ms. Maxwell, Ms. Oehmig) are joined by Ms. Martin's granddaughter, Olive Martin.



"Wiggle Your Middle" Monday is underway in the belly dancing class taught by Ms. Webster.



Ms. Brown twirls her scarf during the bellydancing class.
Photos by Michelle Chintanaphol '13

SOS excited for new year

BY WARNER TIDWELL '13
STAFF WRITER

Every student is a member of the Spirit of Service club, whose motto is "Do it and stick to it." To become more involved, one can attend SOS meetings and take advantage of on and off-campus service projects. SOS meetings are on the first Wednesday of each month in the library board room and are open to all students.

"Make a commitment to serve on a regular basis," said Ms. Kimee Shideler, director of Spirit of Service.

This year, one focal service learning opportunity will occur each month. September focused on Hands on Nashville Day. In October, the club raised awareness for Breast Cancer with the Mini Race for the Cure on Oct. 4, Nashville Susan G. Komen Race for the Cure on Oct. 9, and Sunday on Souby's pink lemonade stand on Oct. 10.

SOS representatives Adelaide Morphet '13 and Jessica Goldenring '13, strive to make this year "wildly fun and enticing, and are pumped to get the sophomore class fervent about serving."

"This year is going to be super active, competitive, spirited, and we are going to make a huge impact," said officer Olivia Reeve '11.

"Spirit of service is not just going out and acting in the community or collecting cans for a drive, but it is being a part of the entire project," SOS President, Lexi Mossman '11.



Juniors work together to paint The Big Picture School during Hands on Nashville Day.



The SOS representatives spell out the word "spirit."

Photos by Michelle Chintanaphol '13

'Contributor' supports homeless

BY MADDI D'AQUILA '12
COPY EDITOR

The Contributor is Nashville's monthly street newspaper: a community paper that focuses on the issues surrounding homelessness and poverty sold by homeless and formerly homeless individuals as an alternative to panhandling.

Each monthly issue of The Contributor provides information on the conditions of homelessness while highlighting the contributions of homeless and formerly homeless individuals.

Tasha French, the director and designer of The Contributor, is on the board of the North American Street Newspaper Association (NASNA) and was the recipient of the 2009 Titans Community Quarterback award for her pioneering efforts with the newspaper.

"A lot of people buy The Contributor because they know how much it benefits the homeless community. Selling papers adds up to a lot more than pocket change," said Kat Caire '12.

The paper can be purchased from vendors that make up a network of micro-businesses owned by homeless and formerly homeless individuals. Vendors can be found on sidewalks in downtown Nashville, Woodbine, Metro Center, Green Hills, East Nashville, Bellevue, Goodlettsville, Belle Meade and Berry Hill. Usually standing at intersections, vendors are easily recognizable by their bright signs and badges. Each paper



A woman sells The Contributor.
Photo by Maddi D'Aquila '12

costs \$1.

These men and women have built a business to get the homeless off the streets. In fact, 29 percent of vendors who have been selling the paper for more than a month have found housing.

The Contributor's articles and graphics are supplied by homeless individuals. Anne Coogan '12, says her favorite section of "The Contributor" is "The Horoscopes," written by Mr. Mysterio: "an amusing," unlicensed astrologist.

"You never know what you're going to get!" said Coogan.

For more information about your local street newspaper, visit www.nashvillecontributor.org, or purchase an issue from the next vendor you see in your local community.

New clubs added, old clubs revamped

BY MICHELLE CHINTANAPHOL '13
STAFF WRITER

For the 2010-2011 school year, not only have many new clubs been added, but old clubs have planned exciting new activities.

Halle Zander '12 began the new club Operation Smile after learning about this cause from two girls at the University School of Nashville.

Operation Smile provides cleft lip and cleft palate repair surgery for children around the world, which allows these children to have a future and place in their society.

"Our biggest event is next semester. We've got an annual concert held at USN, and Harpeth Hall is going to help plan it," said Halle Zander '13 on the club's plans.

Operation Smile's other activities will include selling Operation Smile T-shirts and making hospital gowns for the children.

Also, they have planned Raking for Smiles where they will rake yards to spread awareness and hopefully receive donations.

Word Nerd is a new club for logophiles. President Warner Tidwell '13 and Vice President Erica Arteaga '13 have planned a scrabble tournament and spelling bee for later in the year. For the club meetings, they will be playing hangman, Bananagrams, or doing "happy art projects" using vocabulary.

"Word Nerd is about loving language and taking joy in words," said Ms. Armistead Lemon,

Upper School English teacher and sponsor for Word Nerd.

The Art Club is not a new club, yet it is planning fun craft projects ranging from Chairs for Charity to decorating water bottles. Recently, the Art Club has made tie-dyed T-shirts.

"We are planning to decorate water bottles with glitter, stickers, ribbons, and paint pens. We are also going to do community service projects that include art," said President Sarah Riley Saint.

For the Chairs for Charity, the Art Club is going to decorate a chair and then auction it.

The Love is Respect Club educates the young women at Harpeth Hall on healthy relationships.

This club was started last year by Delaney McBride '13.

Delaney explains how she began Love is Respect: "My mom is a spokesperson for the National Teen Dating Abuse organization, and they had a teen section that needed a spokesperson. I've been involved with it outside of school for about a year, and my mom suggested that I bring it to Harpeth Hall."

The Love is Respect Club has plans for fundraisers for the Hope Clinic such as collecting toiletries for the women in need and for education about relationships.



Emily Martin '13 excitedly begins her project at the Word Nerd meeting.



The Art Club tie-dye shirts at the back of the art building.



Art projects incorporate vocabulary at Word Nerd.

Photos by Michelle Chintanaphol '13

Catching up with the Emilys: Life in college

BY ALLIE POLK '13 and TINA QIAN '12
STAFF WRITER and FEATURES EDITOR

Emily Hong

Q: Why did you choose Yale?

A: I chose Yale because I felt good vibes when I visited. When I was at Yale, I walked into some random professor's office. I said to him, "I'm a pre-frosh and I'm interested in your program," and he was so happy to talk to me and gave me his email address. If they treated someone that doesn't even go to the school that well, then they must treat their students amazingly.

Q: How many classes are you taking?

A: I'm taking chem plus a lab; that's one of the half credits since it's a slightly heavier workload than your average class. I'm taking three classes and freshman seminar.

Q: What are dorms like? Do you have a crazy roommate?

A: My roommates are fantastic. I live with four other girls in this suite, so we have two bedrooms and a common room. My dorm is known for being the worst dorm on campus for freshmen, but it's actually really nice in comparison to other schools.

Q: What is the weirdest thing that has happened to you?

A: I have a coed bathroom, which is kind of weird because this one guy and I have similar sleeping patterns but we're not friends yet. But we just brush our teeth in silence, literally every morning, which is a little odd since he's usually wearing a towel.

Q: Do you have any advice for HH students?

A: If they want to come, they should because it's awesome and I love it. If they have any questions, please call me and they can stay with me.



Emily Whitson

Q: Why did you choose UNC over other colleges that you applied to?

A: To me it was just the perfect balance of things. It has a good academic reputation, but it's not super serious. It has the nice aspects that I wanted in a college. It has good sports and a great Greek life. It was just the perfect balance for me.

Q: What are the dorms like?

A: The dorm that I live in is right next to all of my classes. The meals are on the bottom floor, same with the workout rooms and the laundry. They're really nice and they have a lot of space. The floor that I live on is all girls, but the floor below is all boys.

Q: Are you part of a sorority? If so, why did you join?

A: I am a Tri Delt. I feel like a sorority makes a big school smaller, and it's a sudden group of friends. You already have stuff to do, you already have friends, and it's a really nice way to feel at home in a large environment.

Q: Did you feel prepared for the college workload?

A: I do. The only problem with college is that you have the opportunity to go out every night, especially if you're in a sorority, so you have to balance your time. In terms of work load, though, it's way, way easier than Harpeth Hall.

Q: What do you miss most about HH?

A: I would say the uniform; it's hard to pick out an outfit every day. Also, I miss the all-girls environment because it's really hard to concentrate when boys are here.



Emily Tseng

Q: Did Harpeth Hall prepare you well for Princeton? If so, which aspects?

A: The entire world always tells you you'll have loads of reading in college, and that's true. Harpeth Hall's prepared me well, especially with the block schedule, because I'm used to planning ahead and managing larger assignments over longer periods of time than if we had had all our classes every day.

Q: How was welcome week at Princeton?

A: I did a pre-orientation trip, so I was in the woods for a week with 11 other people and no showers, which is the best way to get to know a bunch of strangers. My group has stayed really tight. Once we got back from the wilderness and showered and looked presentable to society, welcome week was LOADS of fun.

The first day of the outdoor trip, during a really competitive game of knee tag (which is exactly what it sounds like), I ran face-first into this other guy. I had the black eye for about a week and a half. I was That Girl with the Black Eye for most of welcome week. I've been telling people half-jokingly that I fought a bear.

Q: What do you miss most about HH?

A: People are less friendly up here. I talk a lot about the HH community and how awesome it is — it's not a joke, I do miss the school and everyone in it. The teacher-student dynamic I experienced at HH is definitely something I miss. For me personally, I graduated feeling like the school was really mine. Here it's more like "I go to this school." And, of course, I miss Logos quite a bit.



Pep rally results frustrate the senior class

LETTER TO THE EDITOR

Erroneous! Erroneous! An adjective describing objections that contain errors, mistakes, or are flat out wrong. As a proud and spirited member of the Senior Class, I would like to state for the record that the ruling made at the Pep Rally declaring the Juniors to trump the Seniors is erroneous.

What do you get when you put a math teacher, a science teacher, and a French scholar behind a judges table? The Answer: A baffled senior class!

Yes, banging your hands in an off-beat manner and yelling words that only sound like a foreign language when they are all mumbled together is great, but not worthy of a winning title.

Unlike the underclassmen, the Seniors put their blood, sweat, and tears into perfecting their cheer. Mimicking a

dance that features Kristen Dunst in her prime is no easy task.

Leaving the pep rally and heading to F block made it hard for the seniors to concentrate in class. How can we be expected to learn about Anatomy or the English language at a time like this? The world as we know it is falling apart.

Now, I am only a student and have very little authority around here so, I would probably get in trouble if I said something like, "Linden, Keen, and Jervis... Watch your backs!", so I am not going to say that.

All I have to say is prepare yourself! Prepare yourself, because you have officially unleashed the beast that has been hiding behind the neon doors of the Senior House.

The year has only begun.

- LEXI MOSSMAN '11



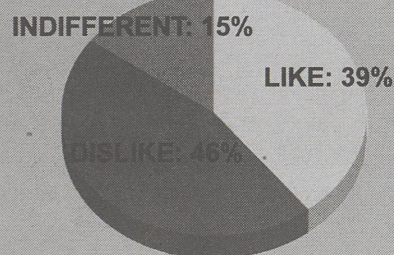
Seniors cheering at the pep rally after their defeat.

Photo Courtesy of Ms. Maxwell

What do you think of Sperry's, the New Uniform Shoes?

BY SARA DARBAR '11
CO-OPINIONS EDITOR

Student Body Poll:



114 students responded to the poll.



"My feet really hurt when I come home every day from school. Maybe a uniform shoe is a good idea, but people need shoes that will take better care of their feet, providing them with more arch support and fewer blisters."

-Abby Smith '11



"I like the way we all look very uniform with our Sperrys, but it's hard to find a shoe that compliments everyone's feet. I know that Sperrys don't fit me and have given me blisters in the past."

-Halle Zander '12



"I originally did not think I would like having Sperry's because I liked wearing tennis shoes to school and not having to pack my running shoes for sports but now I am glad because my tennis shoes are not wearing out as fast!"

-Sarah Hill '13



"They untie every five seconds. I can say that I have tripped so many times because of these shoes."

-Taylor Barkley '14

The Banter "Scandalous Pregnancy"



BY MAGGIE PATTERSON & JANE WINSETT '13
COLUMNISTS

Jane: The other day I saw a very pregnant woman at the local pool wearing a risqué bikini. Have you ever experienced this?

Maggie: Yes, I have had similar encounters. I saw a woman at Wal-Mart who was well into her third trimester, wearing a skin tight green maxi-dress that clearly showed her expanding waistline.

Jane: Honestly, that is horrifying. Although I did love Demi Moore's cover shoot for "Vanity Fair" magazine, I still don't understand why these women wear inappropriate clothing while their bodies are changing. I'm all for female power and freedom of expression, but when I am bombarded by a woman's giant belly in tight, revealing

clothing, I have to draw the line. Don't they know about the gorgeous clothes they sell at Mimi Maternity? I own a closet full, and I'm not even with child!

Maggie: I disagree, Jane. When I see these pregnant ladies flaunting their bumps, I am overcome with feelings of warmth and appreciation. I hope that when I am of age and ready to support a child, I will have enough courage to wear a cropped top that shouts to the world, "PREG AND PROUD". I guess this means you are not a fan of public breastfeeding either...

Jane: That's another story. But while everyone agrees that child birth is conceptually amazing, I am sure there are many like us who disagree whether or not it is physically appealing.

Jersey Shore: Is it really worth our time?

BY JULIE WILSON '12
COPY EDITOR

In the 80s, there was situational comedy. Now, we have Mike "The Situation" Sorrentino, a member of the "Jersey Shore" cast. "Jersey Shore" is an outrageous reality show on MTV where a group of Jersey kids party it up first on the Jersey Shore and then in Miami for the second season. I heard of "The Situation" for the first time when my mom was talking to my uncle Mike, who had moved to Jersey, acquired some abs and declared himself "The Situation".

Unfortunately, this was only the beginning. My mom now watches it weekly and has decided that I need to be Snooki for Halloween, the nickname for Nicole Polizzi who stars on "The Jersey Shore". She claims I look just like her and it doesn't help that Snooki just acquired the same blunt bangs I have.

According to some freshmen gossip I heard in the stairwell, someone else is considering this same costume, so I may have some competition if I decide to cave into my mother's wishes.

It's not just us Harpeth Hall girls who are obsessing, though. There are thousands of people out there tuning into the show about drunk Jersey adults—I'm a bit unsure if I can even call them that—and purchasing, according to MTV.com, soundtracks, quote-books, calendars, talking bobble heads, sticker books, t-shirts and water bottles for the show that Adelaide Morphet '13 calls "racy and strangely addicting".

It is "natural that people are fascinated with how other people live. I think it's our human curiosity... that leads us to spend so much time watching others' lives versus living out our own."

In real life, we are afraid to state what we think of those who choose to waste their time dealing with pointless drama and crazy parties. Once they land on a television screen, everything changes. It

becomes socially acceptable to openly mock people we do not even know.

"Reality T.V. is the perfect way to do just that," said Noni Hill '12.

I'll admit that I'm a huge fan of reality shows, but not when their purpose is to provide the punch line to the latest joke. Reality shows were created to allow viewers to get a peak into a world unlike their own or to accomplish a task seemingly impossible.

Shows like "America's Next Top Model" and "Project Runway", which Campbell Mobley '11 considers some of her favorite reality shows, are about "people trying to make it in the real world, pursuing their passion."

I agree with Mobley, with her choices in reality television shows and her overall logic. I love reality shows that let me see what it's like for someone to fight for his or her dream, and to maybe even reach it. Shows like "Top Chef" show me another career I could have chased, a lifestyle I could have worked hard to have.

On the other hand, there is the cast of the "Jersey Shore", which is "unfathomably famous for having nice abs & partying" according to Joy Burkart '12. The reality stars reportedly earn between \$5000 and \$20,000 for appearances at clubs and parties.

We officially live in a world where people are paid to party. It's pathetic.



Cast of Jersey Shore

Photo Credit: Google Images

Proposed Mosque attracts controversy

PRO

BY SARA DARBAR '11
CO-OPINIONS EDITOR

This August, hundreds of protesters marched around the proposed site of a new mosque while carrying signs that read, "Enough Is Enough" and "Stop Terrorism." A woman yelled, "Have you forgotten the twin towers?"

It seems as if New York City isn't the only place in the country where people have protested against the building of an Islamic cultural center and mosque because, no, this is not a rally in New York City against the proposed Islamic center two blocks away from Ground Zero, named Park 51; this is in our own backyard, in Murfreesboro, TN.

Despite receiving all necessary permits, and following all regulations, citizens throughout Murfreesboro continue to voice their opposition to the proposed Islamic center.

What these people are so upset about is a proposal to build what would eventually be a 52,000-square-foot Islamic center. There's already a small, inconspicuous mosque hidden in a complex of office suites behind a Quick Lube. But the congregation, with 250+ families, has outgrown the space and is desperately in need of new facilities.

Like the proposed center in NYC, Muslims within the Murfreesboro community believe that building a center is the perfect way to facilitate opportunities for inter-faith relations.

However, while the issue of the mosque in Murfreesboro is on schedule to be built, people are still up in arms about the proposed NYC Islamic center.

Constitutionally speaking, Muslims have every right to build their mosque.

Some say that they'll support Park 51 when Saudi Arabia allows churches to be built in Mecca. However, do we really want to be like Saudi Arabia? Wasn't the United States built upon the beliefs of "freedom and justice for all", or are these merely words said but not truly meant? Also, Saudi Arabia has a king and a state religion. Last time I checked, we had neither, and that is definitely a good thing. We are a country built upon freedom, and that is something to be proud.

While I understand that having an Islamic center two blocks away from site of the Twin Towers can be viewed as disrespectful in the eyes of those who lost family members, you have to remember the Islam that would be practiced in the new proposed mosque is not the same as the skewed view of the religion practiced by terrorists in the Middle East. What better way to prove America's ability to rise to the occasion and overcome than by allowing the mosque to peacefully reside in its planned location.

It would show how we as a society, instead of unjustly persecuting an entire group for the actions of a few, are able to see past lines of race and religion. How though we were wronged, we were able to become better than ever.

And that is an America in which I want to believe.

CON

BY MICHELE MARTIN '11
CO-OPINIONS EDITOR

September 11, 2001 was the day that the eyes of all Americans were opened to real terrorism, fear, and sadness. People today still remember and honor all those who died in the three plane crashes that occurred that day, both at Ground Zero and in the field in Pennsylvania. In the midst of remembering, the question has arisen of whether or not it is appropriate, both legally and morally, to build a mosque two blocks from a place where so many lost their lives in the face of terrorism.

Feisal Abdul Rauf, along with his wife and real estate developer Sharif El-Gamal, has proposed a plan to build a large multi-purpose Islamic center in a vacant building around the corner from Ground Zero.

While some think that a peaceful symbol of Islam would be a step in the right direction for American-Muslim relations, others have met this proposition with fierce hostility. Both sides believe that they are defending American ideals, and this issue is creating a rift in American society.

In response to the question of whether or not the building of the mosque is legal, I would say that Feisal Abdul Rauf has every right to build his mosque wherever he wishes to build it. The First Amendment clearly outlines this fact. Taking away the Constitutional rights of fellow Americans would not only be unjust, but would also go against everything that we believe as a nation. I personally do not have a problem with the mosque, but I am not the issue. According to recent polls, the majority of New York feels personally attacked, and this is what I think matters.

I believe that it is inconsiderate, in light of 9/11 and the ongoing war, for Rauf to geographically place the Islamic center so near to Ground Zero.

Many supporters of the mosque cite the existence of two other Islamic facilities in similar proximity to the site of 9/11 as their argument for the legitimacy of the project. However, just because these mosques exist does not mean that a proposal to add an additional one should immediately be accepted by the nation.

The emotions of 9/11 victims still run rampant, and who are we to tell them how quickly they have to get over the death of their loved ones.

Rauf and company claim that their goal is to promote peace, but all this project is doing is stirring up more hate.

Why not back out of the project now before even more Americans begin to resent a misunderstood religion that is for the most part very moderate? Although the form of Islam that would be practiced within the building is peaceful, the atrocities committed in the name of this same religion just two blocks away were very far from peaceful.

Because of this fact and because of the families still grieving loved ones, I believe that he should considerately back out of the project in respect of those people.

Photo Credit: Google Images

High Schooler in the Hallway Mosque at Ground Zero?

"I agree with the side that thinks it would prove to the terrorists that America can overcome. However, there is so much controversy and hate surrounding the issue that it is proving to be dangerous for Muslims in the New York City area. Therefore, it may be in their best interest to move the building site."

-Leah McCormick '11

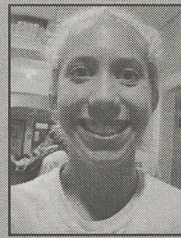


"I do not think that the right or legality of the building of a mosque can be called into question, regardless of its proximity to Ground Zero. However, I do think the prudence of the location should be examined carefully before any decision is made."

-Anna Russell Thornton '12

"I feel that it is the right of any American citizen to exercise their religion freely in this country. It is their inherent Constitutional right. Who are we to put the personal feelings of individuals over the Constitutional rights of others?"

-Julia Ann Meadows '11



"I personally feel that they have a Constitutional right to build a mosque near Ground Zero if they wish. However, I think that there are a lot of people still grieving losses pertaining to September 11, 2001. In my opinion, it is a little too soon, and the mosque should not be built quite yet."

-Allie Miller McNamara '13

LOGOS

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Logos is a student publication of Harpeth Hall. It represents the students' voices, views and opinions. It is in no way reflective of the faculty, staff or administration of the school. Any questions can be directed to Kiki Bandlow and Saxby Wiles, Editor-in-Chief, or Denise Croker, adviser.

Logos encourages Letters to the Editor. Letters should not exceed 250 words, and they must be signed by the author to be considered for publication. Logos reserves the right to edit the letters for length, grammar, and content. Letters may be submitted to Opinions Editor Sara Darbar and Michele Martin.



TENNESSEE HIGH SCHOOL PRESS ASSOCIATION



HOW YOU LEARN

BY KIKI BANDLOW & SAXBY WILES '11
EDITORS-IN-CHIEF

UNDERSTANDING LEARNING ISSUES

“I have dyslexia. I see words and numbers backwards. Sometimes I will read words the correct way, but when I say them out loud they can come out backwards. It takes me about twice as long as other students to do things in school, so time management is a big issue for me. -Anonymous student”

“I have a block in the abstract, visual processing part of my brain. Abstract ideas are hard for me to grasp, and it makes it difficult to pay attention sometimes. Sometimes my brain moves so fast that when I come across something difficult and abstract, it's hard for my brain to slow down in order to understand it. -Anonymous student”

“I was diagnosed with ADHD when I was ten years old. My teachers told my mother that I was having trouble paying attention in class. I was fidgety and forgetful. I went to a doctor, and he diagnosed me and started me on a medication for ADHD. The pills made me lose my appetite, and I lost a lot of weight very fast. However the medication made me more attentive, and my grades improved. By the time I reached high school I had to increase my medication. The side effects are still the same; I have trouble falling asleep at night, I do not have an appetite, and it sometimes causes me to have headaches. I feel that the benefits outweigh the negatives, though. I do better in school when I am on my medication, and the longer I take it, the fewer side effects there are. The fact that I have ADHD is something I hardly ever think about. All I have to do is take two pills every morning like I've been doing for the last six years, and then I am able to focus in school. -Anonymous student”

What type of learner are you?

1. When you work at solving a problem, do you...

- a. make a list, organize the steps, and check them off as they are done
- b. make a few phone calls and talk to friends
- c. make a model of the problem, or walk through all the steps in your mind

2. What kind of restaurant would you rather not go to?

- a. one with lights too bright
- b. one with music too loud
- c. one with uncomfortable chairs

3. Would you rather...

- a. an art class
- b. a music class
- c. an exercise class

4. What is most distracting when you are trying to concentrate?

- a. visual distractions
- b. noises
- c. other sensations like itchy shoes, or worry

quiz courtesy of people.usd.edu
explanations courtesy of ldprid.net

Knowing learning styles helps

Taking notes, studying, and listening to lectures is a part of every girl's Harpeth Hall career. However, not all students learn the same way.

Each student has an optimal way to learn. While some students enjoy listening to Dr. Echerd's lectures, others prefer Ms. Moses' PowerPoints, and some learn best with Mr. Myrick's physics labs. These learning preferences indicate which type of learner a student is.

Visual learners learn through seeing and think in pictures. They learn best from visual displays including diagrams, illustrated text books, and videos.

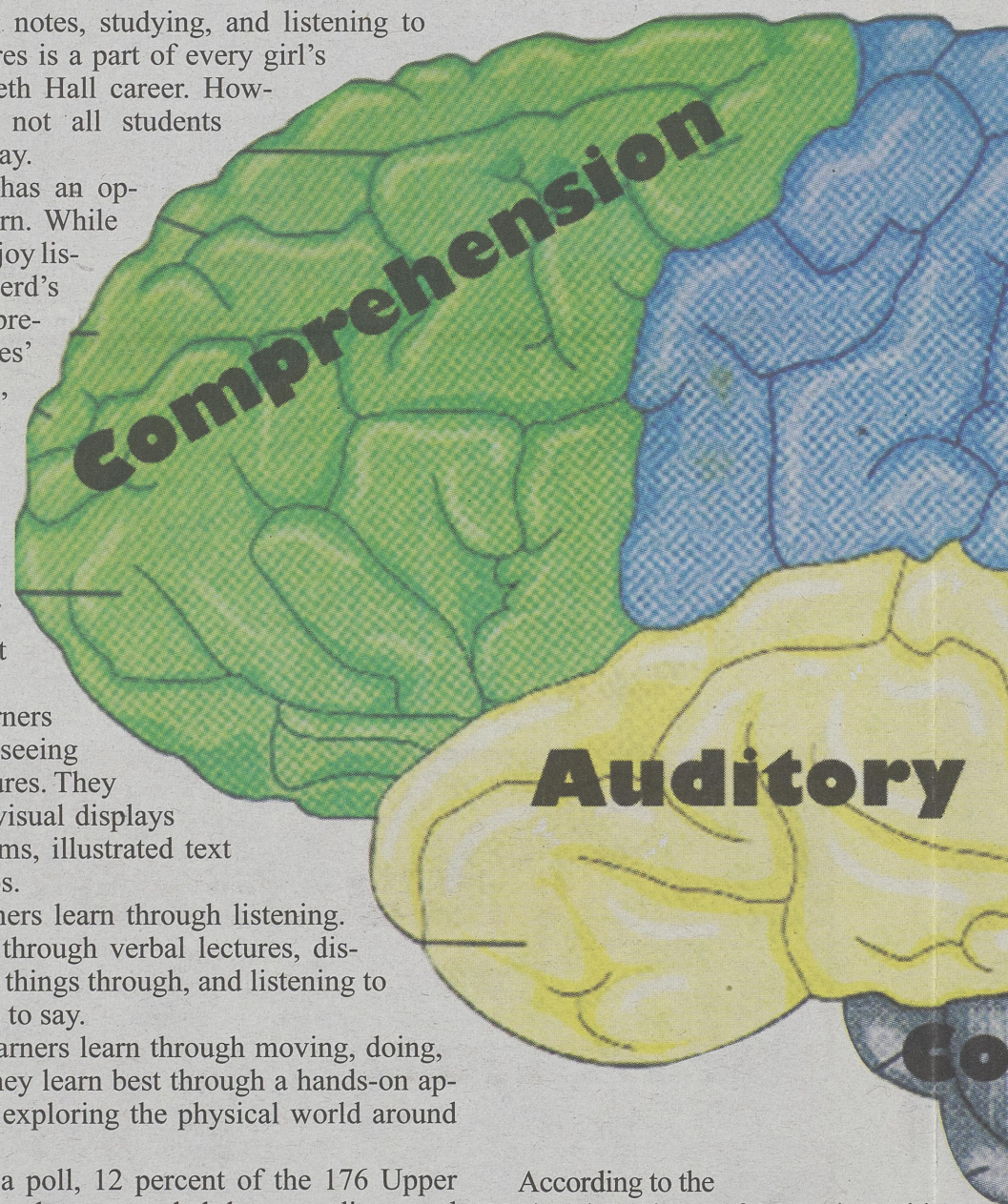
Auditory learners learn through listening. They learn best through verbal lectures, discussions, talking things through, and listening to what others have to say.

Kinesthetic learners learn through moving, doing, and touching. They learn best through a hands-on approach, actively exploring the physical world around them.

According to a poll, 12 percent of the 176 Upper School students who responded have a diagnosed learning issue that impedes their ability to learn and focus.

“Sometimes a learning issue is about input, and sometimes it is about output. To find the right ‘file’ in your brain, some people just need more time to open that filing cabinet,” said Ms. Gwen Skelley, Upper School Enrichment Director.

ADHD, or Attention Deficit Hyperactivity Disorder, is one of the most common learning issues in children and teens. ADHD causes difficulty paying attention, controlling behavior and hyperactivity.



According to the National Institute of Mental Health, scientists are not sure what causes ADHD, but it could be linked to genetic factors. ADD, similar to ADHD, causes a lack of focus.

However, hyperactivity is not a symptom of ADHD. An anonymous freshman, who was diagnosed with ADHD last year, said, “The reason my grades were not excellent was because my brain processes information slower than the average person. This means I have to work especially hard just to get the grades I would normally receive even if she only s

of learner are you?

Would you rather go to...

...class
...class
...exercise class

What is most distracting for you
when you are trying to
concentrate?

...distractions
...sensations like hunger, tight
...or worry

5. Which are you most likely to do
when standing in a long line at the
movies?

- look at movie posters
- talk to the person next to you
- tap your foot or move around in
some other way

answers:
mostly a's - **visual**: You learn through seeing. You think
in pictures and learn best from visual displays including
diagrams, illustrated text books, and videos.
mostly b's - **auditory**: You learn through listening. You
learn best through verbal lectures, discussions, talking
things through, and listening to what others have to say.
mostly c's - **kinesthetic**: You learn through moving, doing,
and touching. You learn best through a hands-on
approach, actively exploring the physical world around you.

Helps HH students thrive

tle."

Dyslexia is a learning issue that impairs a per-
son's ability to read despite otherwise having
a normal intelligence level. According
to the National Institutes of Health,
dyslexia is often characterized by
difficulty with spelling, phono-
logical processing (the manip-
ulation of sounds), and rapid
visual-verbal responding.

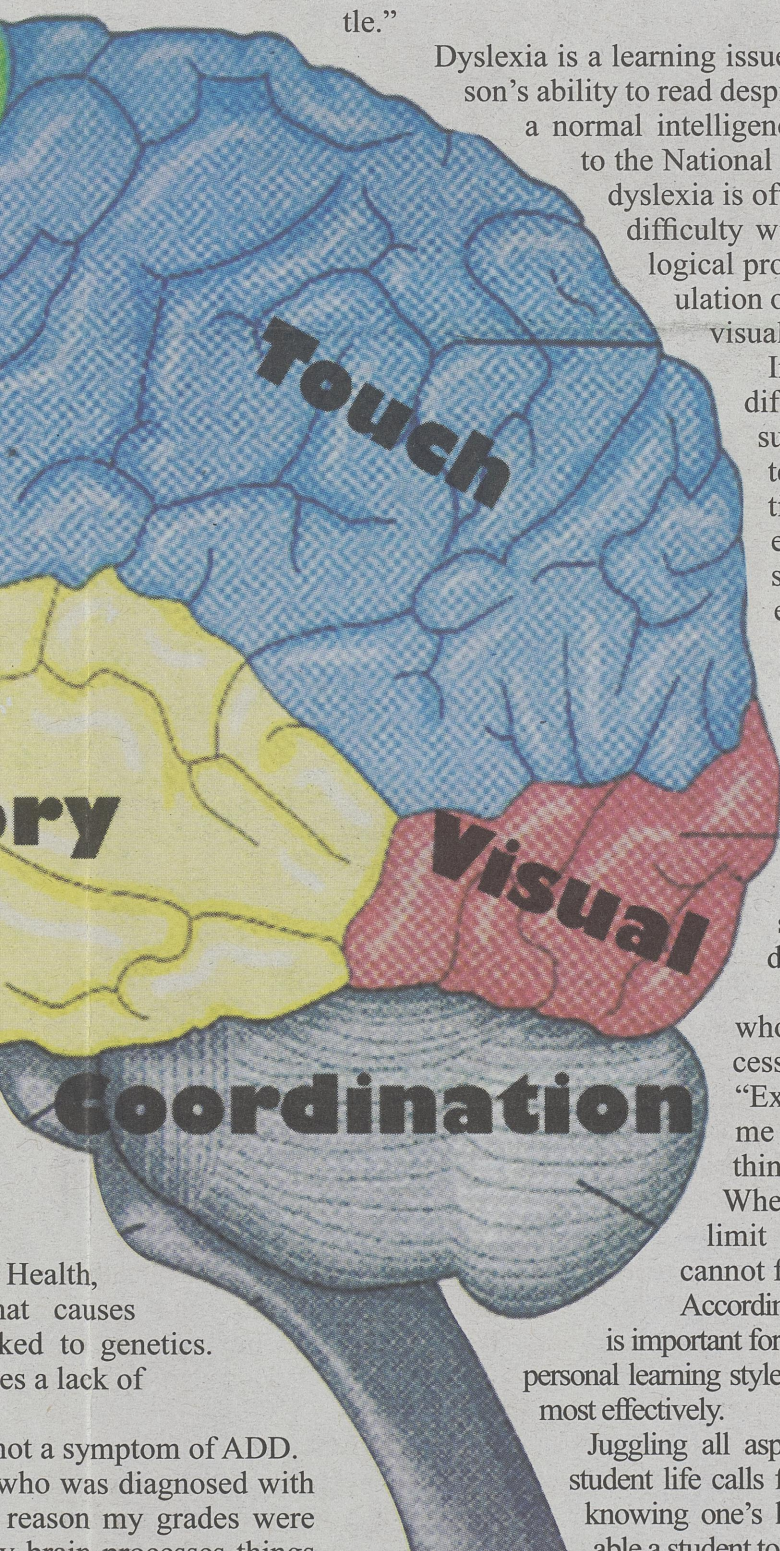
In order to deal with
different learning is-
sues, students are of-
ten given extended
timing on tests and
exams to compen-
sate. The standard
extension is a time
and a half.

Some of the
learning issues that
students could
have include
reading issues,
attention issues,
auditory and vi-
sual processing, and
dyslexia.

Natalie Brewer '11,
who has a visual pro-
cessing disorder, said,
"Extended timing gives
me the time I need to
think things through.
When I am under a time
limit I feel rushed and
cannot focus on the test."

According to mindtools.com it
is important for students to know their
personal learning styles, in order to learn the
most effectively.

Juggling all aspects of Harpeth Hall
student life calls for time management;
knowing one's learning style can en-
able a student to become as efficient as
possible.



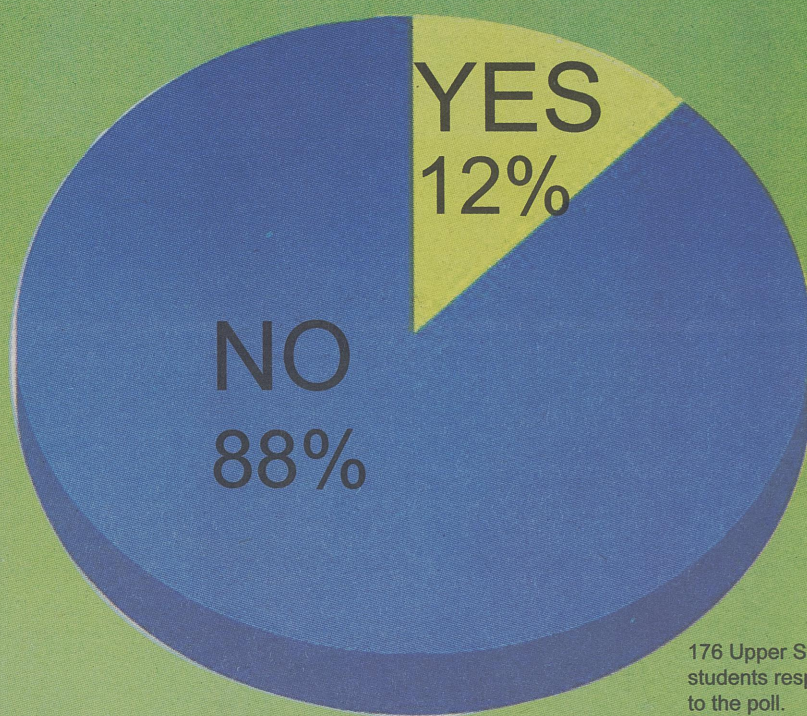
Health,
that causes
linked to genetics.
es a lack of

not a symptom of ADD.
who was diagnosed with
reason my grades were
y brain processes things
n. This means that I had
o get the grade a student
if she only studied a lit-

brain from generallyhealthy.info.com

Have you ever been diagnosed with a learning issue?

Harpeth Hall students responded...



STUDY TIPS

- **Walk outside for 5-10 minutes after studying.** It helps your brain relax and absorb the information you just learned; it is even more important than sleeping!
- **Study in different rooms.** It helps stimulate your brain and make connections in your memory.
- **Rewrite your notes.** It will help you remember your notes better.
- **Talk out loud.** Teaching material is the single most effective way of retaining information.
- **Move.** Chew gum or ice, sit on an exercise ball, or walk around while you are studying to keep your brain stimulated.

HH infected with Bieber fever

BY MARGARET LOWE '12
STAFF WRITER

It is no surprise that Bieber mania has swept through Harpeth Hall. The 16-year-old pop star's songs are written about crushes, first loves, and tragic break-ups.

Bieber first became famous when his videos were discovered on YouTube. His debut song, "One Time," was released in 2009 and instantly became a hit in at least 30 countries. Millions of fans adore his sweet innocence, but others are more critical of Bieber's high-pitched voice and small, prepubescent appearance. Nevertheless, Bieber overcame his critics, and his short career has been successful thus far.

In 2009, Bieber embarked on his first tour, "My World," and continued the journey during 2010, performing first in Hartford, CT and continuing throughout the nation. Bieber arrived in Nashville on August 11, and gaggles of excited girls swarmed to Bridgestone Arena.

Jordan Martin '14, who attended the concert, said, "My favorite Justin Bieber song is 'Somebody to Love.' It is one of the better songs that he has sung by far!"

Over 25 percent of the freshman class attended the concert, and some students even met the teenage heart-throb himself. For example, Molly McConnell '14 obtained backstage passes and was thrilled to have the opportunity to meet and greet Bieber.

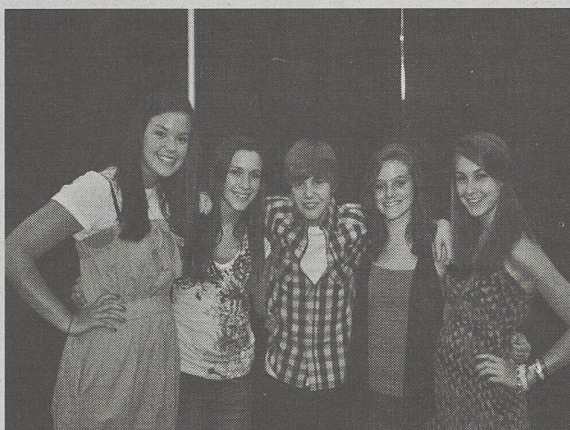
"He is adorable and a lot cuter in person," said Molly. "His voice is lower than when he sings. He gives good hugs too!"

Although most freshmen who attended the concert love Bieber, others went to just see what all of the Bie-

ber madness is about.

Bieber's performance included a slideshow of baby pictures and a video reminding the audience of his rise to fame. He was also suspended in a glittering globe as he strummed on his guitar.

"I originally went with a group of friends as a joke," Jordan Martin '14 said. "We didn't exactly understand why everyone enjoyed him so much, so we wanted to go see how all of his fans were going to respond to him as he was right before their eyes. By the end of the night, my friends and I surprisingly became fans of his and were really happy we went!"



Freshman Molly McConnell '14 on far left met Justin Bieber after his Nashville performance.
Photo by Molly McConnell '14

Faculty iPod Ms. Katherine Zimmer

Cyndi Lauper
"Good Enough"

Pearl Jam
"Yellow Ledbetter"

Nelly
"Air Force Ones"

Solomon Burke
"Cry to Me"

Elvis Presley
"He'll Have to Go"

Restaurant Review: The Silly Goose

BY EVAN GIBBS '11
STAFF WRITER

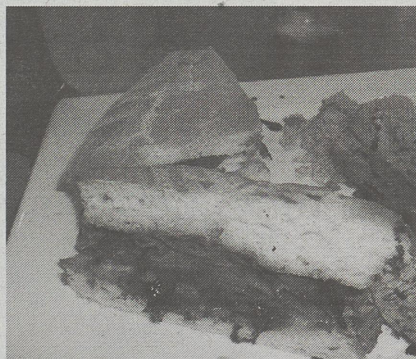
Nestled along Eastland Avenue in East Nashville, The Silly Goose restaurant, although small, consisting of just four tables, serves up a simple assortment of salads, couscous, and sandwiches and it boasts an impressive dessert and ice cream menu.

Owner Roderick Bailey said, "I first found the space and from that I constructed the menu." Having opened in October 2009, The Silly Goose openly embraces the locavore movement which emphasizes buying and consuming locally grown food. Its menu consists of 70 percent of local produce, cheese and bread.

The overall ambiance of the establishments is casual and familial with its utilitarian décor and exposed beams. When peering into the kitchen, one notices the absence of an oven or even a stove. This is no accident, for at The Silly Goose everything is cooked on George Foreman grills and in convention ovens.

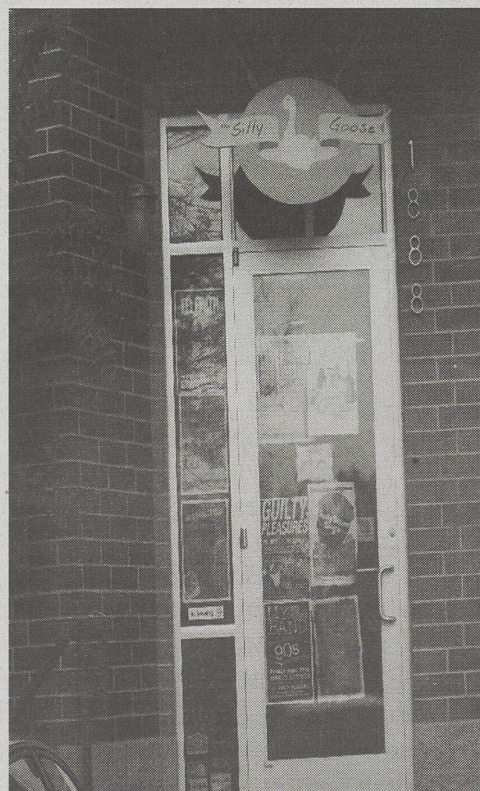
For the meal, the basil lemonade, served in mason jars, evoked the sweet tastes of summer. Then, the cleverly named Lyle's Surprise sandwich with hot capicola (an Italian ham), arugula pesto, basil, shaved fennel, and balsamic syrup on rosemary focaccia (an Italian bread) was the perfect balance of savory (with the saltiness of the capicola) and fresh (with the locally grown pesto and basil.) The dessert, a flourless dark

chocolate torte with raspberry coulis, espresso whipped cream and mint, was utterly sinful and rich while still easy on the palette. In addition to a wide variety of desserts such as sugar grilled peaches and cinnamon cannolis, the restaurant also offers house-made ice cream. The ice-cream menu changes daily, including flavors such as Nutella, caramel cashew, and their famous honey beet flavor. The prices were reasonable, the service was impeccable, and it offered a great place for lunch or a casual dinner.



The Lyle's Surprise sandwich is a famous favorite at the Silly Goose restaurant. Priced at \$9, the sandwich contains hot capicola, shaved fennel, and balsamic syrup on rosemary focaccia bread.

Photo by Evan Gibbs '11



Located in East Nashville, the Silly Goose restaurant has a warm, welcoming entrance, with delicious food to be enjoyed inside. Fans of the restaurant can visit the Facebook page or website, which outlines their menu and provides directions to their unique location.

Photo by Evan Gibbs '11

OCTOBER ALBUM RELEASES

October 5
Doo-Wops & Hooligans
Bruno Mars

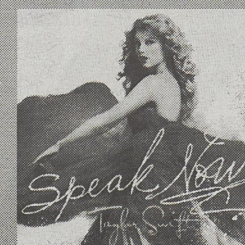


October 5
The Other Side of Down
David Archuleta

October 19
Come Around Sundown
Kings of Leon

October 19
Libra Scale
Ne-Yo

October 25
Speak Now
Taylor Swift



Last Tennessee state fair: A bittersweet success

BY KHADIJAH NAEEM '14
STAFF WRITER

The latest Tennessee State Fair came to an end on Sunday, Sept. 19. The fair was hosted at the Nashville fair grounds from Sept. 10 to Sept. 19. However, this may be the last time that the festivities will be held at this traditional location.

For many, this is a sentimental and bittersweet loss, as the annual fair holds many memories. The fairgrounds have been active for a century, but as the lease on the grounds expires, Mayor Karl Dean contemplates whether it would be wise to convert the area to free green space.

Activities ranged from ice-cream eating contests to a Kenya Safari Acrobat performance. Attendees enjoyed watching different animals, such as goats, mules, poultry, and rabbits.

"My friend M.E. Sorci and I went to the fair and we went to the agriculture farm, said Saxby Wiles '11. "We liked hanging out the cows, seeing all the animals, and M.E. even bought a chicken."

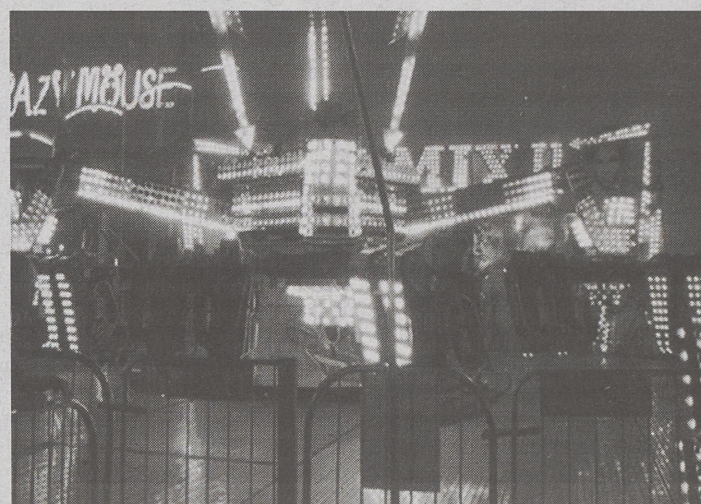
There were large selections of rides for all ages, and many won prizes and other awards.

"I liked looking at the artwork and photography. We just walked around and looked at the livestock and bunny rabbits," said Caroline Harwood '13.

Maggie Rutherford '13 agreed and said, "I thought it was a really fun experience."

According to KK Jones '13, she viewed the fair in a different light. Appalled by the variety of people she saw, she said, "Most of them were just kind of sketchy."

The last Tennessee State Fair was filled with nightly activities as well as the constant daily events. People enjoyed the karaoke and concert opportunities held at night. A variety of musicians performed, including gospel singers, rap artists, and country bands. Although most people were sad to see the fair coming to an end, it was a bittersweet and celebratory experience.



Once again, the State Fair was a fun event that drew in thousands of attendees from across Tennessee. HH students enjoyed the photo-opportunity, especially the gorgeous colors and lights that appeared at night.

Photos by KK Jones '13

Movie Review: 'Scott Pilgrim vs. the World'

BY CAITLIN CASEY '12
ENTERTAINMENT EDITOR

"Scott Pilgrim vs. the World," featuring the perpetually awkward but lovable Michael Cera, is a film recreation of a comic book series. The film is splattered with unusual visual effects, such as pink hearts, neon-lit flashing scores resembling that of a video game and humorous caption profiles for characters. Director Edgar Wright has crafted an unrealistic and bizarre enigma that somehow appeals to viewers as a comedic masterpiece. Without the comedic brilliance and deftly portrayed characterization of the film's stars, the plot would be lifeless.

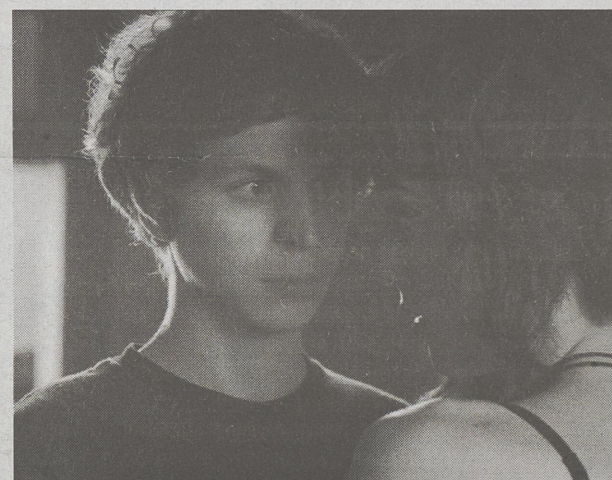
Michael Cera plays Scott, a 22-year-old bass player living in Toronto, who is crushed after a tragic break-up with a pop star. At the beginning of the movie, Scott dates an Asian high school girl, Knives Chau. As a result, Scott endures grief from his gossiping older sister, bisexual roommate and critical band colleagues. However, his band can barely be described as "colleagues." They are a jobless motley crew consisting of sulky Kim (Allison Pill), enthusiastic Stephen (Mark Webber) and hilariously clueless

Young Neil (Johnny Simmons).

Scott is under a great deal of stress. His roommate, eager to pursue his alternative sexual lifestyle, gently nudges him to move out. Meanwhile, Scott's band embarks upon the "Battle of the Bands," a contest that vies for a record deal with the powerful and formidable "G-Man." Scott grows weary of his monotonous dates with Knives, who proves to be clingy and annoying.

To complicate issues further, Scott meets a pink and blue haired, roller-skating girl of his dreams, Ramona Flowers (Mary Elizabeth Winstead) at a party, where he attempts to drop a pick-up line about the origins of Pac-Man. Free-spirited, independent and mysterious Ramona floats in and out of Scott's life while captivating his heart. Throughout the rest of the film, Scott tries to win Ramona's love by battling her seven evil exes.

I enjoyed the movie, yet there were too many videogame-esque battles. However, I thought the quirky visual effects were a clever and unique touch, creating a surreal feel to the film that helped viewers understand the fictitious and unrealistic world the characters lived in.



Scott Pilgrim, played by Michael Cera, shares an intimate moment with love interest, the mysterious and enticing Ramona Flowers.

Photo Courtesy of Google

Upcoming Book Releases

BY JOY BURKART '12
STAFF WRITER

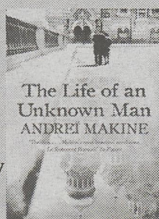
"Squirrel Seeks Chipmunk"
by David Sedaris

This collection of animal fables features cover and interior artwork by Ian Falconer. Entertainment Weekly describes Sedaris as "The pre-eminent humorist of his generation."



"The Life of an Unknown Man"
by Andrei Makine

A disillusioned author returns to Russia after spending twenty years in exile to find it completely changed. Known for his eloquent way of drawing the complexities of human nature, Makine has created a poetic masterpiece.



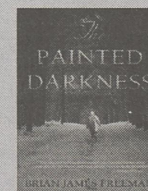
"Take One Candle Light a Room"
by Susan Straight

In this book, a travel writer whose occupation keeps her gladly away from her California home, but she is forced to finally face her family secrets and issues about race.



"The Painted Darkness"
by James Freeman

Two young boys find horrible and mysterious discoveries deep in the woods, but as they grow older, they block their memories. Critics regard the book to be similar to the great works of Stephen King.



Dale Chihuly 'blows' Nashvillians away

BY ROSIE COMPTON '12
STAFF WRITER

Magnificent hand blown glass sculptures made by Dale Chihuly are on display in Nashville at the Frist Museum and Cheekwood Gardens. These sculptures range from single piece bowls to complex hundred piece sculptures. At Cheekwood they are displayed throughout the Gardens and in the Cheekwood mansion.

Highlights from the display at Cheekwood include various chandeliers, the 30 foot tall Saffron Tower, and the Mille Fiori, which decorates the reflecting pool. These larger multi-piece sculptures take several days and people to assemble. One of the sculptures titled "sun" took a team of five people one week to assemble its hundred of intricate pieces. However, not every sculpture shown is this complex.

"A favorite of most visitors are the simple Walla Wallas that decorate the three ponds, inspired by the shape of Walla Walla onions. There is something about their vivid colors reflecting in the water

that captivates the public," a tour guide from Cheekwood Gardens said.

In the Frist Learning Center at Cheekwood, a behind-the-scenes video entitled "In the Hot Shop" captures Chihuly in the process of creating his sculptures, is shown.

"I went to the Chihuly exhibit at the Frist and at Cheekwood, and I thought that it was very interesting that Chihuly can blow glass into different scenes from nature," said Millie Wert. I can't imagine how much work must have gone into these exhibits."

"The Chihuly sculptures at Cheekwood are amazing, and the behind-the-scenes video is captivating," said Meg Stark '12.

Chihuly is shown in the video to have become more dependent on his team of glass sculpturers. After losing his vision in one eye as a result of a car accident, Chihuly's depth perception was weakened, so he now requires assistance in creating glass in his studio. Today, he draws up blueprints for his

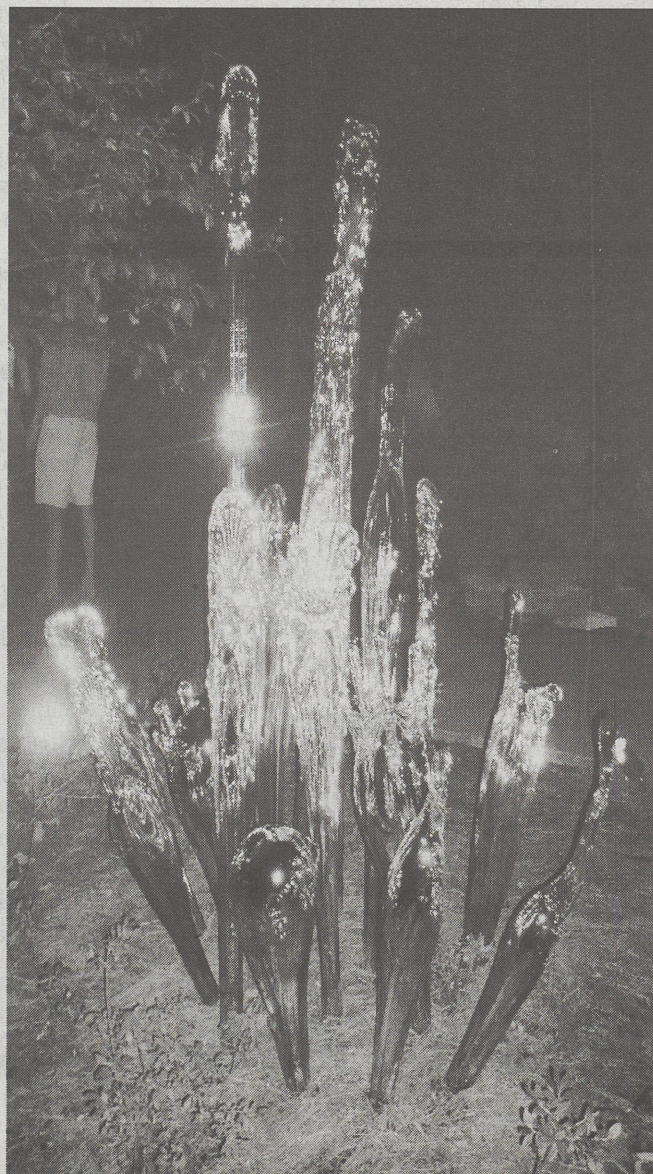
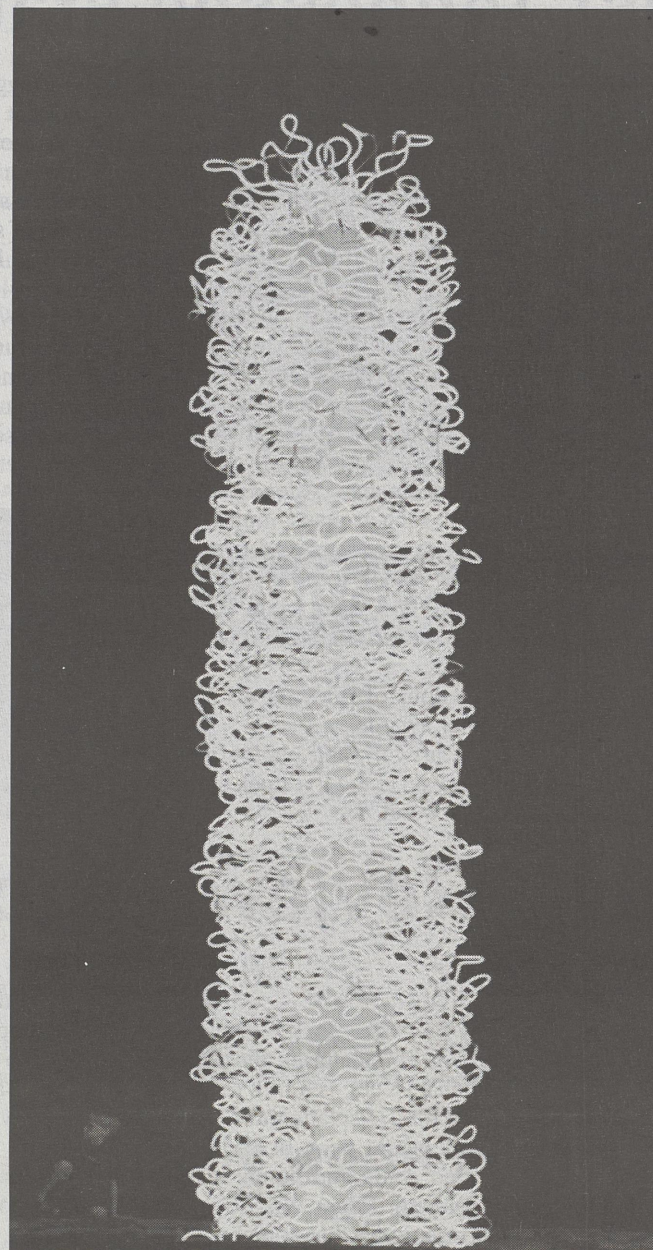
sculptures and acts as the director in the studio. He has a loyal team of highly skilled glass sculptors who possess the skill to create his artistic visions.

More of Chihuly's pieces can be seen at the Frist Museum in the "Chihuly at the Frist" exhibit. The collection at the Frist includes some of Chihuly's smaller glass pieces and their blueprints. These magnificent Chihuly sculptures will be present at Cheekwood until Oct. 29 and at the Frist until Jan. 2.

"Chihuly's pieces throughout the Frist and Cheekwood have provoked inspiration from its youngest viewers to its oldest viewers. It has been truly magical to have these sculptures in Nashville," another Cheekwood tour guide said.

Clockwise from top: Chihuly's Saffron Tower, Bamboo Reeds, Blue Polyviro Crystals, and Cattails

Photos by Maddi D'Aquila '12 and Margaret Lowe '12



'Paries Pictarum': The Wall of Pictures

BY MARGARET LOWE '12
STAFF WRITER

The world of Latin is unknown to most of Harpeth Hall. Some students who study other languages like Spanish, French and Chinese have never even been in the Latin classroom. Latin has been called a dead language, but it thrives in the hearts and minds of Latin students.

Litton Whitaker '12 said, "Latin is eternal." It is the basis of many major languages spoken today.

Upper School Latin teacher, Ben Abraham, teaches about 40 students from sophomores to seniors, Latin III to AP Latin Vergil. These students walk into his room and enter the world of Ancient Rome, translating Ovid and Caesar and studying the great philosophers and emperors.

"We don't just learn Latin,

we learn about the culture and customs of the Romans who spoke the language we study," said Allison Richter '12.

Along with the Latin scholars, there is a group of sophomore girls who gather in Mr. Abraham's room during break and free periods. This group is called "The Dulcimer Club" because club member, Caroline Harwood, plays the dulcimer. The members include Bailey Fields, Caroline Harwood, Sarah Abel, and Hayley Caulkins. These girls chat, play instruments, hang out, and draw in room 207.

"My favorite picture that has been drawn by the club is the Puella Cogitans, 'Thinking Girl,' by Caroline Harwood. It is a brilliant drawing," Mr. Abraham said. "What I love about Caroline's work is her

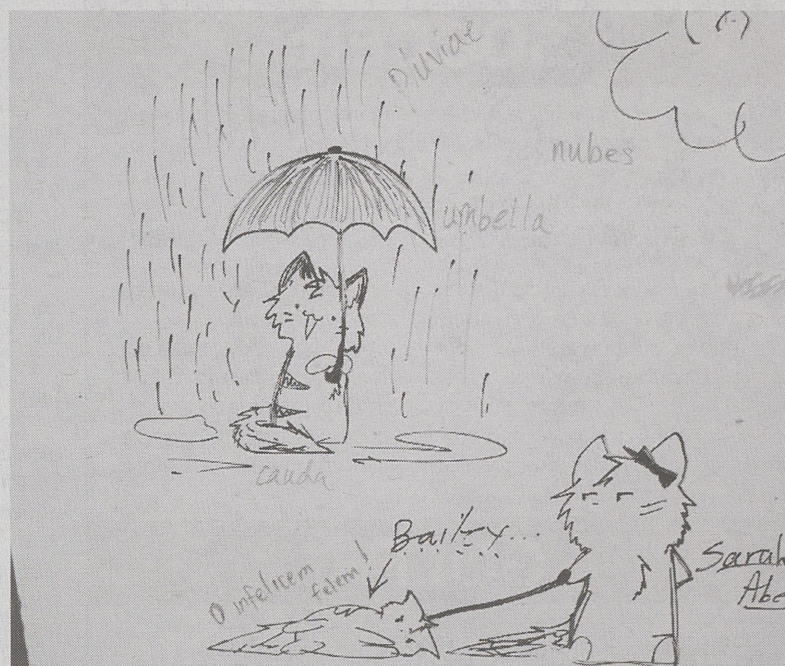
sense of humor."

Another artist whose work can be seen decorating the white boards of the room is Bailey Fields '13. Bailey loves to draw cats, and she gathers inspiration from her own cat, Obi.

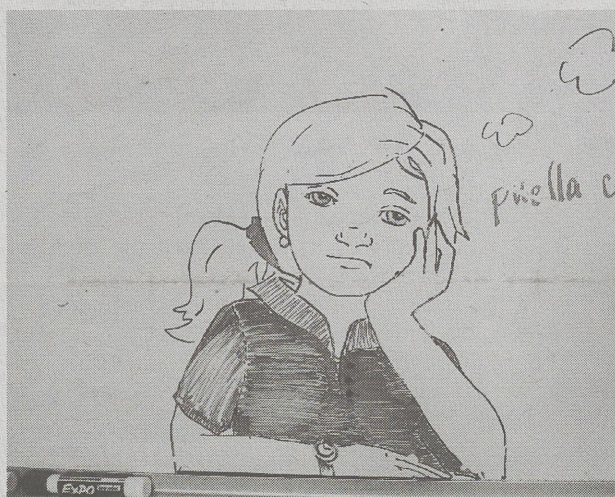
Some say that the Paries Pictarum, "Wall of Pictures," which cover the board can be traced back to Emily Koster '12.

"I used to illustrate the stories we were translating in class, and I started to draw the characters, like Cerberus and the Brassicam, on the board" Emily said.

Although Latin may not be spoken anymore, these girls have been inspired to draw and bring to life the immortal language of Ancient Rome.



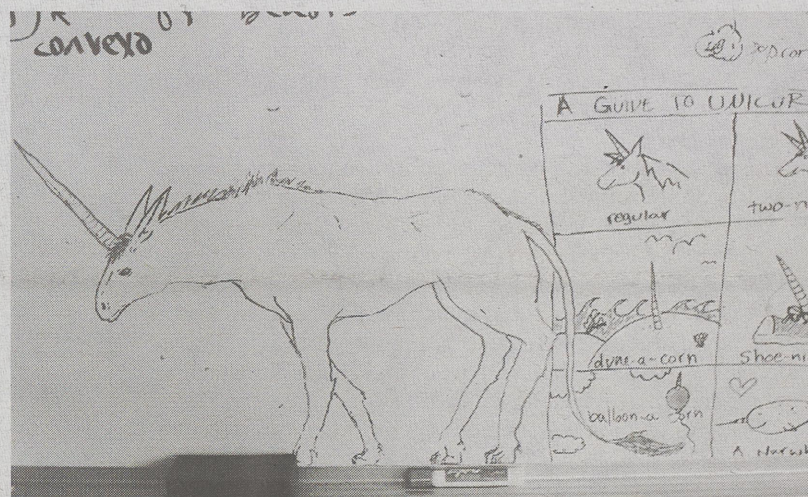
Singing in the Rain.



Puella Cognitus or Thinking Girl.



Catching butterflies.



Unicorn and accompanying guide to unicorns chart.

Photos by Margaret Lowe '12

Recent Museum Exhibits in the Music City:

'The Golden Age of Couture' at the Frist

BY CLAIRE PERRONE '12
STAFF WRITER

The artistry of fashion is an undying skill. Throughout 20th century, clothing has been inspired by everything from post-war feminism to the latest pop culture trends.

Nashville's own Frist Center for Visual Arts recently displayed an exhibit called "The Golden Age of Couture" that showed the artistry of fashion. The exhibit was a collection of clothes; all were handmade between 1947 and 1957, and all were donated by charitable benefactresses. These donors included Queen Elizabeth II of England, Audrey Hepburn, and Princess Diana of Wales.

Upon entering the exhibit, fortunate viewers of were immediately consciously aware of their own modern attire. Many sought to forgo their halter tops and blue jean shorts having beheld such lavish ensembles.

However, it is important to note that the excellence of the exhibit does not stem from the extravagance of the garments, but rather from craftsmanship of the designers.

Christian Dior and Cristóbal Balenciaga are considered the patriarchs of this era; they are known for creating classic couture.

The exhibit featured hand drawn sketches, textile samplings, and order requests by both designers. These artifacts are displayed to support the incredible work ethic and vintage innovation that is sewn into each of the perfectly preserved outfits.

Viewers walked away from the display understanding that the spirit of fashion lies not in the luxury of the apparel, but in the heart of the designer.

"It was a beautiful show of fashion through the ages," said Meredith Beyer '12. "My favorite part of the exhibit was the room where all of the evening dresses were lined up together. They were beautiful. They had some of the first Chanel dresses ever, and I thought it was cool how they incorporated history and fashion."

'Paintings from Life': Exhibit in the Gallery

BY JENNA MOSES '13
STAFF WRITER

Lori Putnam's collection, "Paintings from Life," is now on display Marnie Sheridan Gallery.

Marla Faith, the Upper School AP Art History teacher and the director of the gallery, did not choose the exhibit herself, since she became director this summer. However, she had a number of positive comments about Mrs. Putnam's work.

"She has a traditional, impressionistic style. I know she has only been painting professionally for less than a half a dozen years, but she is already very accomplished," said Marla Faith.

Mrs. Putnam has painted off and on throughout her life, but has only been painting professionally since 2005, when she phased out her graphic design business to become a full time artist.

"I always felt drawn to sketching, drawing, painting, and mostly exploring. But I never thought that I could have a career in art. Once I realized that I could continue to grow as an artist, I decided, why not do the thing that I love the most" said Ms. Putnam.

Ms. Putnam paints from life, choosing subjects based upon the shape, design, form and how the light strikes them. She paints everyday images and allows people to view them from a different perspective. Her love of painting has lasted throughout her life and is always changing.

"Every painting provides an opportunity to learn something new. It is the only thing that I have discovered in my life that involves endless learning, can never be mastered, and is never boring. I always find something new and interesting in art," said Ms. Putnam.

"Paintings from Life" will be on display until Oct. 13.

Fall Sports Updates

BY KATHERINE DEAL '13 & ANNE ELISE CAIN '13
STAFF WRITERS

SOCCER

The soccer team has undergone many changes this year. They have a new head coach, Jennifer Evans, and eight freshmen playing varsity.

"We're awesome this year," said Coach Evans. "All our coaching staff has changed, and it's really balanced from freshmen to seniors."

The soccer team currently has a 5-9. Two of these losses were to their two biggest rivals Baylor and Ensworth.

Some of the players have been injured this season. Suz Gill '11 has been out the whole season with a hamstring injury, and Alex Thornton '13 has recently recovered from a concussion.

"Even though we've had some losses, our team is getting better little by little, and hopefully we'll come out with more wins," said Emily Masten '13.

GOLF

"Golf is ballin'" said Claire Frankenfield '13.

Consisting of only one senior, Sara Anderson, the team is made up of mostly underclassmen.

"Overall it's a young team with a lot of promise and what we do well is have a good time," said Head Coach Moe Hill. "There is a lot of camaraderie."

The team ended their season Sept. 21 with two wins and three losses. Their biggest rivalries were John Paul II High School and Father Ryan High School. They easily overcame St. Cecilia twice.

This season they also participated in two tournaments, one hosted by USN as well as the Father Ryan Invitational. Emily Apple '13, Alexis Hawkins '13 and Mary Caton Peffen '14 competed in these all-day tournaments.

One of the highlights of the season, according to Coach Hill, was playing St. Cecilia in Match Play rather than normal stroke play. This consisted of four girls competing in individual matches, a more old fashioned type of play. Each girl ended up winning their match, beating St. Cecilia 4-0.

"The golf team is undoubtedly the most dedicated team at Harpeth Hall," said Emily Apple '13.

VOLLEYBALL

The Harpeth Hall volleyball team has had a successful start to the season with new head coach, Ms. Jenny Gray.

"My goal this season is to begin a tradition of strong volleyball at Harpeth Hall and reach our potential," said Mr. Gray.

So far, the Bears are 11-2 and halfway through the district play. They have even defeated their two biggest rivals, Ensworth and Father Ryan. The team must play several teams outside their district at the end of October. Meg Mitchell '13 is confident about facing these teams.

"We are going to state, and we are going to win," said Mitchell.

CROSS COUNTRY

The cross country team's hard summer training is paying off, according to head coach Dr. Jack Henderson.

The team has attended three big invitationals in Clarksville, Decatur and Nashville. The girls won the Clarksville and Nashville invitationals and placed fourth in Alabama.

Dr. Jack is proud of how his runners are performing without their top runner, Kate Wiseman, who has been out due to injury.

"My goal is to finish in the top three in state as a team and see the Junior Varsity in the top three in the state," said Dr. Jack.

According to runner Kayleigh Land '13, the team is really close and enjoys its coaches.

"Dr. Jack is the best coach ever," said Kayleigh. "He focuses on the positive and tries to get you to be better."

Who's hiding at HH?

BY CARSON HEWETT '14
STAFF WRITER

The latest student hobby is hide-and-go-seek. During free X-blocks, girls have gathered together on Souby lawn to have fun while hiding behind trees and in the bushes.

The secret club that started last spring is "very impromptu" according to Mary Liza Hartong '12, who is one of the founders of this group. "We grab our friends and just play," she said.

"I hope it will become an official club," said Lindsey Lanquist '12. Mary Liza also hopes that throughout the year the group will become well known and that a school-wide organized game will be planned.

"However, becoming a club would be difficult because once the weather gets cold, playing outside would not be fun, and playing inside would not be an option," said Mr. Chenery, Upper School History and Latin teacher.

The group is unofficial, and anyone can join if there is a game going on. Certain teachers, including Mr. Christopher Chenery, have been asked to play, but there are no teachers officially involved in the group.

Mary Liza suggests that a team of Mr. and Ms. Croker would make a fabulous addition.

"I asked the club members a few questions like what the boundaries were and what areas were off-limits" said Mr. Chenery. He chose not to play but

supports the outdoor activity.

"It is a great way to forget about the stress of school and homework," said Lindsey.

"Hide-and-seek is fun, even more so at night. I always enjoyed playing it as a kid," Mr. Chenery said. "I hope to see them playing, although if they are hiding, well, I might not see them."

Touché!



Mary Liza Hartong '12 evades her seeker. Photo by Meredith Beyer

Olivia Reeve to play for American U, possibly England national team too

BY EMILY BUZHARDT '11
SPORTS CO-EDITOR

Olivia Reeve '11 has played lacrosse since the fifth grade, and her commitment to the sport has paid off. As a sophomore, she was one of the 12 girls selected by Tennessee coaches to play on the national Tennessee team. In her junior year, Olivia was ranked first in Tennessee, and US Lacrosse, the National Governing Body of Lacrosse, named her an All-American and an Academic All-American player.

Olivia was invited to tryout for both the USA National Under-19 Team and the England National Under-19 Team. Three hundred girls were nominated to try out for the USA National Team. The players were evaluated based on leadership, academics and athletics. Olivia made it to the last day of tryouts for the USA National Team but did not make the team; however, she was invited to play for the England National Under-19 Team.

"I am still working on scheduling for the England team, but so far I am still playing for them," said Olivia. "I'll have to travel for Winterim and possibly Spring Break. And the World Cup is in

Germany this year."

Olivia will play lacrosse for American University in Washington D.C. next year. The summer before her junior year, she began attending tournaments and camps in Baltimore, Md. and other northern cities. She emailed coaches, made a highlight film and visited college coaches. The coaches were

able to contact her directly on July 1. She signed with American University before the end of July.

"I'm really excited about playing lacrosse in college," said Olivia. "I've been told it's like a big family, and it will be really comforting in a big city."

One of Olivia's challenges in her lacrosse career has been playing a sport that is dominated by Northern players. She must constantly prove herself to Northern coaches.

"There is a stereotype that Northerners are the best in lacrosse," said Olivia. "They are exposed to higher levels of playing year-round, and it is hard living in a community that is not as into lacrosse."

Despite the challenge of being a lacrosse player from the South, her Harpeth Hall coach, Ms. Legare Vest, feels she will succeed.

"What impresses me most about Olivia is that she is always working on making her game better, and she is amazingly creative and dreams big," said Ms. Vest. "I mean, how else do you get to be an international player?"



Olivia Reeve '11 is part of the England National Under-19 Team and will be playing for American University next year. Photo by Harpeth Hall

Class for athletes initiated

BY EMILY BLUMENTHAL '13
STAFF WRITER

Harpeth Hall has introduced a new program for athletes called Strength and Conditioning. This class, focusing on the physical condition of athletes on and off season, has become a prominent activity in most athletes' lives.

"If you're in off-season you have to go three times a week for seventy minutes. If you're in season you have to go twice a week for forty-five minutes," said Stephanie Seeley '11.

"Basically, what we are trying to do is to put athletes on the field and court that are physically and mentally prepared to compete at the highest level possible," said Coach Romero, Strength and Conditioning coach.

Although this class is required for all athletes, any student can take it.

"We want to create girls who can produce a high level performance, but at the same time we want to make this available to any student. You can be part of this class and learn how to have fitness be part of your lifestyle even if you're not an athlete," Coach Romero said.

"This class is beneficial to me because I can stay in shape even in my off seasons," said Alexi Hawkins '13.

Strength and Conditioning has its advantages such as, "learning new exercises and techniques that we have never

learned before," said Leah Caplan '12.

"The class focuses on abdominal work, squats, and lunges," said Cici Rutherford '14.

Students like this class because it makes them feel like they are in shape. However, there are some down sides to it.

"I like that I have it during the day and not after school, but I don't like that I have it first and don't have time to shower. I feel gross for the rest of the day," said Stephanie.

"I feel like I have gotten buff. Gross buff. Like a man," said Maddi D'Aquila '12.

The class has also had some negative effects on students' schedules.

"I wish they would have told us about it before we made our schedules because I was forced to drop an elective at the beginning of the year in order to have a free period. I think the class is a great idea, it was just a very sudden change," said Kelsea Best '11.

Coach Romero believes that this class will accomplish many of his goals.

"We want to make our girls physically fit as well as mentally tough. I also think that this will give our girls an edge over other schools that don't have this program," said Coach Romero.

Titans' season takes off

BY LIZA SOUTHWICK '13
STAFF WRITER

The Titans opened up their season with a victory over the Oakland Raiders 38-13. With a strong defense and Chris Johnson running for over 100 yards for the 12th straight game, the Titans beat the Raiders in their season opener at L.P. Field in Nashville.

Game two proved much more difficult for the Titans as they lost to the Steelers 11-19. The Steelers ended Johnson's 100-yard running game streak. Johnson was unable to assist the Titans offense who turned over the ball seven times.

"He is going to do well, but because other teams know how he works and since we lost some good players on the offensive line, it will be harder for him. I also think he will not reach his goal of 2500 rushing yards," said Alexis Hawkins '13.

Sandord Myers from "The Tennessean," referring to the game against the Steelers, wrote, "Titans quarterback, Vince Young, was yanked Sunday, but Coach Jeff Fisher said after the game that Young would remain the starter."

In their third game, the Titans beat the Giants in New York. The defense proved heroic for the Titans as they forced three turnovers, and the Titans outscored the Giants 29-10.

Week four came and the Titans were coming off a record of 2-1. They played the Bronco's at home and lost with a score of 26-20. Chris Johnson was held to only 50 yards rushing and Vince Young was 17/28 throwing allowing the Bronco to beat the Titans.

After losing nose tackle Albert Haynes-



Running back Chris Johnson works towards his goal of 2500 rushing yards.
Photo Courtesy of Google

worth to the Washington Redskins two years ago, spectators questioned the future strength of the Titans' defense. However, the defense has helped lead the Titans so far this year.

In addition to losing Haynesworth, this previous year, linebacker Keith Bullock went to the New York Giants which posed questions once again about the power of the Titans defense.

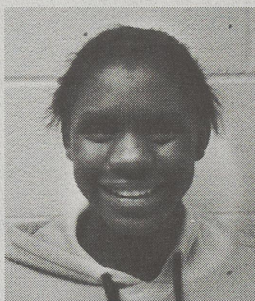
The Titans are confident so far, but the pressure lies on the offense to determine whether the Titans can produce a winning season.

WHAT STUDENTS SAY ABOUT THE TENNESSEE TITANS....



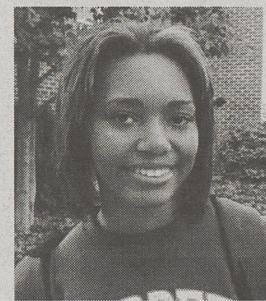
"The Titans won't be the best team this year, but they will be a good team."

Carrie Ferrelli '14



"I think the Titans will make it to the Superbowl."

Nicole Jackson '13



"I think they'll make it to game three of the playoffs."

Tian Carney '14

EXERCISE MOVE OF THE ISSUE: CRUNCHES

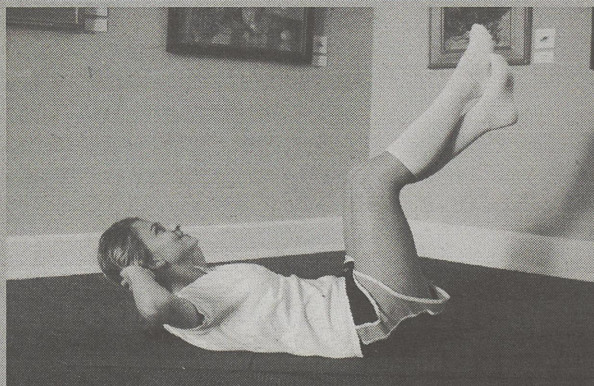
BY MEREDITH BEYER '13
CO- SPORTS EDITOR

In order to do proper abdominal work there are a few easy steps that one must take.

Ms. Lori Graves, Department Chair of Physical Education and Wellness said, "Don't do crunches if you are doing them incorrectly. When you do crunches, do them properly otherwise they do not pay off. It's better to do 5 correctly than 10 incorrectly."

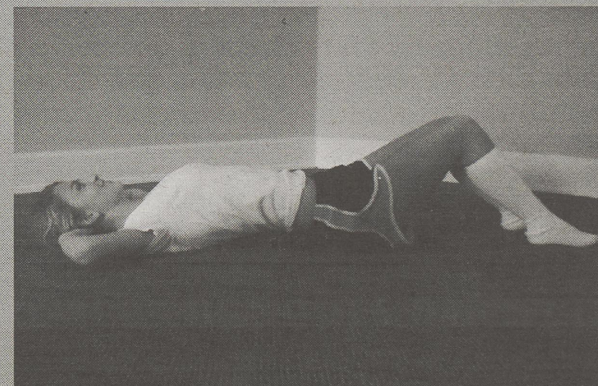
She does not have any recommendations for how many crunches people should do daily because everyone has a different workout regimen.

Start crunching correctly today!



Good Form:

1. Keep your lower back on the ground.
2. Point your chin towards the ceiling and keep your head straight off the ground.
3. Legs up. Feet towards the ceiling. It is more natural to have your feet towards the ceiling so that your back does not arch.
4. Breathe.



Bad Form:

1. Don't tuck neck.
2. Don't arch back.
3. Don't keep legs on the floor.



Flock and Roll

BY DELANEY ROYER '13
STAFF WRITER

The Nashville Zoo has just added a new colorful exhibit called the "Flamingo Lagoon." The exhibit includes a flock of 30 flamingos. The Flamingo Lagoon is a 15,000 square foot area full of different waterways, plants and a great view of the flamingos.

"I enjoyed seeing the flamingos up close, and since they come near the short fence you can almost touch them," said Anne Elise Cain '13 of the exhibit.

This section of the zoo is still under construction but will be completed soon. High school student Matthew Schwartz, son of the zoo manager, shared more information about what the zoo is anticipating.

"Once the plants grow to full size, the fence will be removed, and there will only be a barrier of plants to keep the people and flamingos apart," said Matthew.

Many have wondered where the flamingos will stay for the winter, including Julie Wilson '12, who said, "I hope the flamingos don't get cold!"

"Our flamingos can stay outside until it's about 40 degrees," said Mr. Jim Bartoo, Marketing and Public Relations Director for the Nashville Zoo. "If it is cooler than that they go inside. Their indoor area is a climate controlled building specifically built for their needs. It includes plenty of floor space, running water and several windows."

Needless to say, the flamingos will be warm and well cared for in their new home.

Visit the Nashville Zoo at Grassmere to enjoy the flock!

Flamingo Haikus *From the Creative Writing Club*

Flamingos are pink.
They oddly stand on one leg.
Such strange animals...
- Sarah Mulloy

Oh, Sir Flamingo
Who I shall love forever,
Be pink and be mine.
- Abby Smith



What would you name a flamingo? Mrs. Webster's E Block class said:



Gertrude
Zooney
Denise
Peaches
Harold
Floyd
Pinkie
Louis
Charles
Romano
Ron

Photos by Meredith Beyer '13 and
from Google Images

